

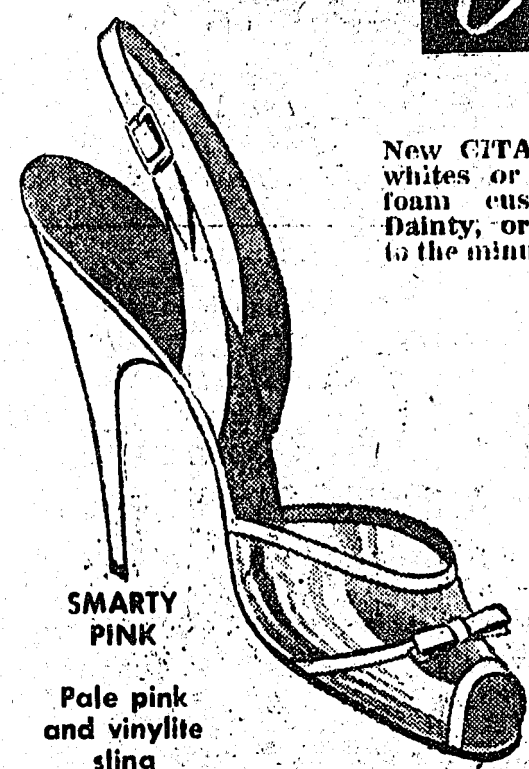
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DR. CHASE'S
KIDNEY-LIVER PILLS

Canadian Girls in Training graduation ceremony will be held at a mother and daughter banquet in the Penticton United Church hall on June 2. Girls wishing to become members of the CGIT and become eligible to attend the banquet are asked to contact Miss Shirley Clark by phoning 4738 prior to the first of June.

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United States



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New CITATION SHOES in cool whites or delicate pastels... foam cushioned for comfort. Balm, original designs for up-to-the minute smartness.

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12.95 and 13.95

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The Women's Page

SOCIAL EDITOR

MRS. HAROLD MITCHELL

DIAL 4055

Interesting Address On U.N. For W.I. Meeting

A very enlightening address on the work of the United Nations was presented by Mrs. H. R. McLarty, of Summerland, at the monthly meeting of the Penticton Women's Institute in the Red Cross Centre. The speaker, who has made an extensive study of the U.N. gave two instances of the effective work which is being done in the political field and then of the many cases of aid being provided for needy nations. The manner in which funds for assistance were administered was of particular interest to the audience.

A brief business meeting was conducted by president Mrs. Guy Brock prior to the afternoon's program highlighted with the U.N. address and an exchange of plants by the members. Mrs. Graham Kincaid held the winning number when a draw was made for a lovely bouquet of daffodils.

Charles Baker, of Sandspit, Queen Charlotte Islands, arrived in Penticton on Saturday to join Mrs. Baker and children, Laura and Clair, who have been visiting for several weeks with the former's parents, Mr. and Mrs. Clair Baker.

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Naturopathic Physician

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LADIES AUXILIARY TO THE UCT made a major contribution to the local branch of the Canadian Cancer Society recently when it presented a special bed for use by cancer out patients. Shown above at the hospital, officially turning over the needed equipment is Mrs. S. A. Orr, (left) president of the UCT auxiliary. Centre is Mrs. E. W. A. Cooper, head of the local Cancer Society and at the right is Miss B. Wethered, R.N., assistant director of nurses.

Provincial Meeting Here For Ladies' Society Of Firemen And Enginemen

Penticton Lodge, No. 618, Ladies' Society of the Brotherhood of Locomotive Firemen and Enginemen, will host more than 100 members of the organization when they assemble in this city tomorrow for their annual provincial meeting.

The all-day session to be held in the IOOF Hall will be followed with a banquet aboard the SS Sicamous at 6:30 p.m. when representatives from all parts of the province will be present.

The evening's program will include a return to the IOOF Hall where an exemplification of the floor work of the auxiliary will be presented by visiting lodge members from Vancouver, Kamloops, Revelstoke, Nelson and Cranbrook.

Pentictonites Among Nursing Graduates

Several from this city are listed among the graduates from Vancouver hospitals' schools of nursing.

Receiving diplomas as registered nurses from the Vancouver General Hospital School of Nursing were the Misses Sheila Elaine Goodman and Marilyn Ellen McInnes, the latter is the daughter of Mr. Justice H. W. McInnes and Mrs. McInnes, formerly of this city, and now residents of Vancouver.

Among those graduating from St. Paul's Hospital were the Misses Marie Kluck, Teresa Langbell, Shirley Gill, Marguerite Doyle, Mary McKay and Margaret Peel.

Originality Predominant In Mad Hats Worn At Gyrette's Successful Tea

A delightful character from "Alice in Wonderland" inspired the novel theme for the Gyrette Club's "Mad Hatter Tea" on Saturday aboard the SS Sicamous, but it is doubtful if even the story book world could create enough originality to surpass that shown in the many "mad hats" worn at the function. All Gyrettes and many of the 300 guests, the latter to compete in the hat contest, appeared in self-designed creations.

Flowers, feathers, straws, ribbons, brightly colored baubles, a deck of cards, a replica of the Sicamous and even the Ogopogo adorned the models worn at the very successful tea. A panel of judges composed of Penticton's Peach Festival royalty-elect and others chose the small hat fashioned of peach blossoms and topped with a bird nest worn by Mrs. Doney Wilson, of Summerland, as winner of the prize for the "most original model." A hat with a complete Christmas scene, a miniature tree decorated in gay ornaments and surrounded by imitation snow, won the "comic hat" prize for Mrs. R. C. Hansen, of this city.

The hat theme was again apparent in the several decorated models arranged throughout the main saloon of the former stern-wheeler, setting for the tea tables, which were each centred with miniature replicas of a gayly ornamented "mad hat." The main tea table, beautifully appointed in silver, was decorated with a centre of spring blooms in pastel colors and yellow tapers. Past presidents of the club and Mrs. Clem Butty presided during the tea hours. Gyrettes assisted by their daughters acted as servitors.

Mrs. J. W. Watson, club president, received at the door and later announced the winners of the several prizes. Ticket number 73 was drawn as the winning number for the door prize. The holder of the number, who was not present to receive the prize, is requested to contact Mrs. J. Russell Jordan by phoning 4026. The first prize in the raffle, a purse, went to Valerie Sinclair, of Okanagan Falls, and the four pairs of hose donated by Gaddy's were won by Donna Mussenden, of Vancouver.

Ver. A. Yule won the tea and coffee donated by Kelly Douglas Company.

Noted among the large number of tea guests, many from neighboring communities, were nine residents from Valley View Lodge, each presented with a "Mad Hat" by the Gyrette Club. Mrs. F. D. Kay was general convener of the club's annual spring tea. Homecoming and the sale of bedding plants were featured attractions during the afternoon.

RIALTO Theatre

WEST SUMMERLAND, B.C.

THURS.-FRI.-SAT.

May 19-20-21
Cornel Wilde, Teresa Wright,
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Technicolor Western Drama

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"DRAGNET"

One Show Monday to
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Two Shows Saturday Night
7 and 9 p.m.

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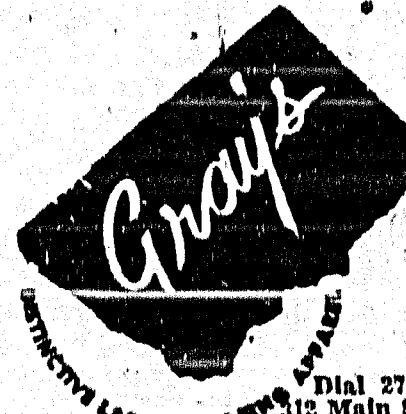
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Colours Featuring
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NARAMATA

Mrs. Ruth Rounds left on Saturday for California to visit for three weeks with her brother, Frank Chambers, at Long Beach.

Mr. and Mrs. C. C. Atkins returned to Naramata on Sunday after spending the past six months touring in Egypt and southern European countries.

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CAMPLING'S

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Adults 60c — Students 40c
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TONITE & THURS.,
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Show Starts 8:45 p.m.
Claudette Colbert - Fred
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"THE EGG AND I"

FRI.-SAT., MAY 20-21
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Cocoanut Oil Castile Shampoo

Reg. 1.20. Makes the hair soft, lustrous
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Regular Value 1.09
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Both have a Clean, Crisp, He-Man Aroma

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A good quality Terry Towelling that is ideal for beach robes. In white and colours.

36 inches wide **1.59**

BEACH TOWELS

A wonderful assortment of brightly coloured beach towels in a variety of patterns.

Large size 36x72 **3.98**

Colorful Candy Stripe BEACH TOWEL

Size 27 inches by 54 inches

Priced, each **1.59**

Striped BEACH TOWEL

45"x70" **3.45** 36"x62" **2.65**

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Reclining Style

Priced, each **3.45**

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Light but strong

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Tonite to Saturday

May 18-19-20-21 2 Shows—6:15 and 9:00 p.m.
Saturday—Continuous From 12:30 p.m.

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Never,
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the girl who
became a
star—and a
woman—
at the same
moment...

WARNER BROS.
PRESENT IT IN
CINEMASCOPE
TECHNICOLOR

JUDY GARLAND
JAMES MASON
A Star is Born

ALSO STARRING
JACK CARSON
CHARLES BICKFORD



Adults—Even, 75c - Matinee 50c - Students, All Shows 50c
Children—All Shows 25c

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Penticton Herald Editorials

Time Is On The Wing

Friday night the Board of Trade holds its May meeting, which means that after Friday there will be only one more regular general membership meeting before the summer recess. Because of the foregoing limitation The Herald suggests that Friday's meeting should take up the matter of planning for a float to represent Penticton in the Pacific National Exhibition.

It would not be impossible, given an energetic committee and strong backing from the general membership, to bring into being a Penticton float in time to take part in the Kelowna Regatta and our own Peach Festival Parade before going on to the PNE. If that can be done, so much the better, but The Herald feels, regardless of representation elsewhere, that Penticton must be represented in the PNE parade.

It is a pity that Penticton should be allowing its greatest publicity year to slide into the limbo of the past without, insofar as we can discern, any aggressive effort to capitalize upon the opportunity.

Penticton publicity groups appear to be resting on the laurels won by the Penticton Vees, rather than going all out in efforts to keep those laurels green.

It is true that some publicity work is being done. Blossom time has been publicized at the coast, by radio and newspaper, but we contend that this is not enough in what is Penticton's banner year.

A case in point was the lukewarm attempt, if attempt it can be called, to bring the B.C. Lions Football Club here for training.

Kelowna, by contrast, went completely overboard in what proved to be successful efforts to have the Lions establish their summer training camp in the Orchard City. In addition to a good general deal, publicity conscious Kelowna offered hard cash. To our way of

A Challenge To Be Met

Early reports indicate that the response to the Penticton and District United Welfare Appeal drive is considerably better than it was in the early stages of the first campaign held last year. We can only hope that the response continues excellent and that when the last dollars is counted it will be found that Penticton and district has attained the \$18,000 objective.

Again we remind all and sundry that it is not necessary to pay a lump sum when the canvasser calls. Your pledge is sufficient and the money can be paid in over a reasonable period of time. Do not forget that this is a NINE-IN-ONE appeal. Visualize your donation divided into nine silver heaps and then you will realize how little you are, in effect, donating. Your dollars will aid those crippled by rheumatism and arthritis. Your dollars will help fight the battle against cancer. Your dollars will help those crippled by poliomyelitis, for although it is believed that the dread disease has been conquered with the discovery of the Salk vaccine, there are still polio victims to be cared for. People stricken with polio as long as 30 years ago still receive assistance from the Kinsmen's B.C. polio fund, to which a percentage of our donations under the nine-in-one United Welfare Appeal are devoted. Your dollars will go also to aid the blind and to those stricken with cerebral palsy.

To aid the unfortunate is, perhaps, one of the greatest privileges we have. It is, after all, man's humanity to man

thinking Kelowna overplayed its bidding for the Lions, but such enthusiasm can be condoned more readily than apathy can be forgiven.

With that as an illustration of the kind of enthusiasm which should be rampant here, we now return to the subject of the float.

Penticton missed the target by a mile last year when it failed to keep Penticton's name in the spotlight in which it bathed as a result of the storied winning of the Allan Cup by the Vees.

It will be unpardonable, if we miss the second opportunity created this year by the Vees' winning of the World Hockey Championship.

One way of grasping this opportunity is to enter a Penticton float in the PNE parade. The parade is the biggest annual opportunity of the year to get a message across to the hundreds of thousands of people of Vancouver, the lower mainland and to the thousands of visitors from outside the province and, indeed, from outside the country, who annually line the PNE parade route.

The saga of the Penticton Vees is known and well known the length and breadth of the land. There is a lively curiosity about this Okanagan Valley community which sent forth this championship team.

The name of Penticton, thanks largely to the efforts of its hockey team, is a household word. It is the responsibility of those charged with publicizing this city of Peaches and Beaches to keep the name of Penticton a household word and this cannot be done by doing nothing.

This editorial is addressed to the Board of Trade as it is the logical body to spearhead the project, but responsibility for accomplishment is widespread, embracing the City Council and all those who believe that if you have something to sell, it must be publicized.

which puts us above the brutes. And, in giving to help alleviate pain and suffering and to fight cruel disease, we are following the teachings of the Saviour to "Love one another."

And there is another, and perhaps, a happier side of the nine-in-one appeal. Included are the Penticton Boy Scouts and Girl Guide movements. They too benefit from the United Appeal fund, so two of those nine small heaps of silver, representing the sum total of your donation to the fund, go to the development of our boys and girls, to assisting them in becoming good citizens.

The work of the St. John Ambulance Society also calls for funds so that the training and equipping of those who serve may continue. Here also is a selfless task, undertaken by humanitarian men and women who train that they may save life, alleviate suffering and serve their community.

And who can overlook that devoted band of men, women and children who give so much of their lives to promoting kindness to animals and in protecting them from cruelties.

Nine-in-one—all nine organizations well worthy of assistance and the amount they receive is measured on a percentage basis by what the public annually donated to the various causes when individual appeals were made.

The \$18,000 objective is a comparatively small amount to be spread over nine groups—surely we of Penticton and district can attain that objective—it is a challenge we must meet.

Naramata Couple Honored At Church Meeting

NARAMATA — Naramata churchards for the past 34 years, Mr. and Mrs. F. R. Cross, who are taking up residence in Penticton, were honored by parishioners of St. Peter's Anglican Church at a congregational meeting last Thursday called to elect a peoples' warden to succeed Mr. Cross in that capacity.

The honored couple have both been very active in church and community work during their years of residence here. Mr. Cross was elected to the vestry in 1922 and later to serve as peoples' warden, an office which he has held for the third consecutive term. He assisted with the building of the original Anglican church and later when the parish hall was constructed.

Mrs. Cross became a member of the Women's Auxiliary in 1921 and served for many years as secretary-treasurer. She is now honorary president of the Women's Guild to St. Peter's.

Leonard E. Smith, rector's warden, on behalf of the members, presented a coffee table to Mr. Cross, and Mrs. George Tinning, president of the Women's Guild, honored Mrs. Cross with flowers.

Canon A. R. Eagles, of Penticton, presided at the meeting when E. C. Tennant was elected to succeed Mr. Cross as peoples' warden. Prior to adjournment regret was expressed at the absence through illness of the secretary-treasurer, T. G. Jeal, and Mrs. Jeal.

Mrs. T. H. Rayner and Mrs. Leonard E. Smith presided at the social hour held following the evening's formalities. Party arrangements were under the supervision of Mrs. Donald Furner, Mrs. Perry Darling, Mrs. H. A. Partridge and Mrs. Alex Sinclair.

Successful Sale By Naramata Institute

NARAMATA — A wide variety of merchandise was offered to the patrons of the successful spring sale held in the community hall on Friday evening under the sponsorship of the Naramata Women's Institute. Home cooking was sold by Mrs. D. M. Nourse and Mrs. Jack Buckley; candy by Mrs. J. C. Donald and Mrs. William Gawne, and soft drinks, by Mrs. Philip Rounds.

A booth of rummage was supervised by Mrs. Donald Salt and Mrs. G. H. Bowring while sales from the plant stall was under the direction of Mrs. J. A. Drought and Mrs. Gottfried Morche.

Entertainment was provided by a fish pond for the children and bingo for the adults. Mrs. Jens Pederson and Mrs. Arnold Pederson were in charge of the fish pond and Mrs. Stuart Berry, the bingo.

Attracting particular interest during the evening was the lovely patchwork quilt on display. The quilt is in the process of being made by the institute members and when completed will be raffled for a charitable project. Tickets were sold by Mrs. A. G. Stanforth and the draw will be made when the quilt is finished.

Busy Mother Helps Blind

HALIFAX — (CP) — A Westphal, N.S. woman who was blind for six years is putting her knowledge of the Braille system to use helping others less fortunate.

Mrs. Maxine Tucker, 25-year-old mother of four small children who recovered her sight, spends her evenings transcribing sheet music into groups of raised dots on heavy paper which sightless musicians can read.

The official Braille transcriber for the national music committee of the Canadian National Institute for the Blind has transcribed over 1,000 pages of music in the past year. She has transcribed entire books of music for the Conservatory of Music in Toronto and her work includes a large volume of church and sacred music.

Oliver Youth Passes RCAF Selection Test At Centuria, Ont.

E. W. Perry of Oliver recently passed his officer selection test for the RCAF at Centuria, Ont., and is now Flight Cadet E. W. Perry, stationed at Centuria.

In passing the test the Perry youth was granted his short service commission as a navigator, and now looks forward to a promising career in the Air Force.

Add a few drops of vinegar to rinse water when washing plastic curtains. The vinegar acts as an anti-static solution and cuts down on the attraction of dust. Plastic upholstery can be wiped with a damp cloth wrung from a water and vinegar solution.

LUMBER SHIPMENTS

VANCOUVER, (CP) — Shipments of B.C. lumber overseas reached 295,431,000 board feet in the first quarter of 1955, compared with 245,789,000 last year. Of these, the United Kingdom took 136,854,000 feet, Africa 52,696,000 and Australia 35,412,000.

MOST BENEFIT BY UNITED APPEAL



GLEM BIRD

Much in the news this year as president of the Penticton Hockey Club, Mr. Bird believes all citizens should take an active part in the United Welfare Appeal. A terrific idea, he said, one big canvas and we're through for the year without unnecessary duplication of hard work and effort by conscientious citizens a dozen different times throughout the year. Everyone benefits.

Pledge Generously to the 9-in ONE APPEAL Penticton and District United Welfare Appeal, all this week!

HERE'S THE LIGHT BEER WITH THE GREAT NAME

Quality beyond compare! That's O.K. Okanagan—the name that goes hand in glove with hospitality, good cheer, companionship and wonderful living—a great name for a great beer! Ask for O.K. Pale Lager, available in a handy "white" pack of 12.



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These two were made for each other... and made for your car! Canada's greatest petroleum performers... ready to give a powerful performance in your car in all kinds of weather. Home Gasoline with E.D. gives you greater power, banishes engine knocking. Home Exel 10-30 Oil cleans as it lubricates, retards corrosion and engine sludge... ensures less engine drag. Performing as a team they guarantee you extra mileage... can save you up to one gallon of gasoline in seven. Drive into your Friendly Home Oil Dealer and fill your tank with Home Gasoline and your crankcase with Home Exel 10-30 Motor Oil. Make your own speedometer check and see for yourself how they improve your car's performance.



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By J. R. Williams



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J. R. WILLIAMS

Penticton Herald

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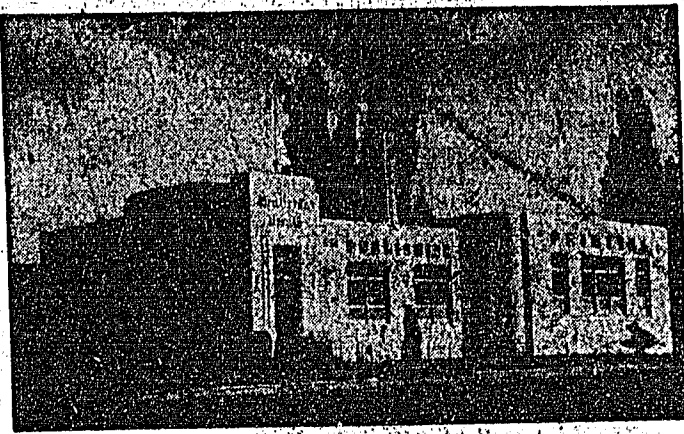
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BIRTHS

BORN to Mr. and Mrs. A. N. D. (Don) Sutherland of Vernon, formerly of Penticton on April 16th, a daughter, Judith Lynne, five pounds, one ounce, a sister for Charles and Mabel Dawn.

McHOLLISTER — Born to Mr. and Mrs. John McHollister in Kamloops hospital, May 14th, 1955, a son, Edward (Teddy) John, seven pounds, eight ounces.

DEATHS

WILKINS — Passed away suddenly at his residence, 601 Forthbrook Drive, May 17, 1955, Clifford-Lawrence Wilkins, aged 47 years. Survived by his loving wife, Sally, two sons, Donald and Graeme (Ted), two sisters, Mrs. Harold Davies and Mrs. Gordon Marchant, his mother, Mrs. L. L. Wilkins, of this city. Funeral services will be held from Central Gospel Chapel on Ellis Street Friday, May 20th at 2:30 p.m. Mr. E. B. Godfrey and Mr. H. R. Summers officiating. Committal Lakeview Cemetery. Penticton Funeral Chapel in charge of arrangements. R. J. Pollock and J. V. Carberry directors.

CARD OF THANKS

WE would like to thank our many friends who helped us bear the loss of "Grandy" (F. E. Brooke).

The McCalls.

WE wish to express our sincere thanks to our friends for their expressions of sympathy and floral tributes at the time of our recent bereavement. Also to the doctors for their care and kindness.

Mr. and Mrs. R. R. Powell

ENGAGEMENTS

Mr. and Mrs. Harold Willis of 551 Ellis St., Penticton, wish to announce the engagement of their youngest daughter, Joanne Rachel to Samuel Edward Michel, son of Mr. and Mrs. Joseph Michel of Belton, Texas. Wedding to take place on June 11th, 1955 at 7:30 p.m. in St. Saviour's Anglican Chapel.

Mr. and Mrs. T. W. Holley of New Westminster, B.C., announce the engagement of their youngest daughter, Ellen Rosina to Robert Earl Wietzel, eldest son of Mrs. C. B. Snow of Sumnerland, B.C. The wedding to take place on June 11, 1955 at 7 p.m. at St. Andrews United Church, West Summerland, B.C.

FOR RENT

HOUSEKEEPING rooms, private entrance, central, 680 Ellis St. 14-4f

LOVELY room with board in new home, suitable for two girls. New furnishings, twin beds, spring-filled mattresses, 2 large closets. Near hospital and schools. Phone 2760.

MODERN unfurnished three room suite. No children. Rent \$70. Centrally located. Phone 2170.

TWO sleeping rooms, 427 Hanson St. Phone 2767.

LARGE ground floor furnished two room suite with kitchenette. Immediate possession. Apply 614 Winnipeg St. 52-4f

TWO room suite. No children. 783 Winnipeg St. 52-4f

ROOM with hot plate Phone 4839.

WELL insulated warehouse 30' x 40' at West Summerland. Ideal for small factory. \$40.00 monthly. Thos. B. Young, P.O. Box 67, West Summerland. F-29-4f

SLEEPING room, private entrance, 368 Ellis St. 53-55

FIVE room furnished home available immediately. No small children. Call at 635 Van Horne St. after 5:30 p.m. or phone 3382.

FOR RENT

BEVERLEY HOTEL Accommodation in the heart of Victoria in a good class hotel at moderate rates. We take care of transient and permanent guests. Housekeeping rooms available. Television in our comfortable lounge. 724 Yates St., Victoria. Phone GO611. W7-4f

LARGE two room suite for winter rental. Apply Peach City Auto Court. W-45-4f

WELL appointed ground floor, self-contained apartment, unfurnished, close to town. Adults only. Phone 5773.

LIGHT housekeeping room for rent. Apply 614 Winnipeg St. 55-4f

THREE light housekeeping rooms. 800 Main St., phone 3375.

TWO housekeeping rooms. Call evenings after 5. 423 Hanson. 25-4f

FOR SALE

PASSPORT Photos. Quick service. No appointment necessary. Stocks Camera Shop. 51-63-4f

THREE boys bicycles, two balloons tied for \$25 each; one small boys bicycle for \$20; one "Matchless" motorcycle perfect condition \$200. Phone 3271 or call second house Lee Ave. 51-4f

ILLNESS forces sale ten unit fully modern auto court. Phone 3543 or write Box 2012B, R.R. 1, Penticton. 48-4f

GENUINE General Motors Parts and Accessories for all General Motors cars, and G.M.C. trucks. Dial 5628 or 5666, Howard and White Motors Ltd., 496 Main St. 43-56-4f

Asphalt Shingles & Roofing Barrett, Sidney, B.P. & J.M. FRAZER BUILDING SUPPLIES LTD. 250 Haynes St. Dial 2940 51-64-4f

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100 Front St., Penticton, B.C.

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Chevrolet - Oldsmobile

Chevy. Trucks 20-4f

GOOD WILL USED CARS and Trucks, all makes

Howard and White Motors Ltd.

2 phones to serve you — 5666 and 5628. 36-49-4f

TWO or three bedroom NHA homes, low down payments, also approved lots. Choose your own home plans drawn and built reasonably. Phone 3662 after 5:00 p.m. 39-4f

IT'S DANGEROUS

Yes, it's dangerous to drive around on smooth badly worn tires.

DON'T TAKE CHANCES!

Have those tires re-treaded now. We use only the finest Firestone materials, and back every job with a new tire guarantee. Retread 600x16 \$10.05.

PENTICTON RETREADING & Vulcanizing Ltd.

52 Front St., Penticton, B.C.

Phone 5630 11-4f

CHOOSE now from the new selection of lovely new shades of rugs in nylon, the new viscose or that wonderful Wundaweve. Carpets of any size from a small mat to wall to wall at GUERARD'S your furnishing Specialist in Penticton 47-4f

TOTE M TRACTOR

1 — D8 Caterpillar

1 — D7 Caterpillar

1 — D4 Caterpillar

1 — TD18 International

1 — TD14 International

1 — TD9 International

1 — TD6 International

1 — HD10 Allis Chalmers

1 — HD7 Allis Chalmers

1 — HD5 Allis Chalmers

Several logging trucks and equipment.

1955 Pontiac only run 2,500 miles, licensed and insured. New car guarantee. Best buy in town.

TOTE M TRACTOR CO. LTD.

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\$2287.00

1955 DODGE CLUB COUPE

\$2689.00

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\$2639.00

1955 DODGE HARDTOP

\$3295.00

1955 DeSOTO FORDOR SEDAN

PARKER MOTORS LTD.

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PENTICTON, B.C.

PHONE 2839 54-56

GREETING CARDS by Rust Craft. Nicest selection in town. Stocks Camera Shop. 51-63-4f

NO negative? Have that old photo copied. We can copy your photos, certificates or what have you. Stocks Camera Shop. 51-63-4f

FOR SALE

HOWARD & WHITE MOTORS JUST arrived, another car load of Buicks, 4 door Riviera hardtops, Canada's most beautiful car.

HOWARD & WHITE MOTORS 496 Main Street Phone 5628

CAFE, doing over \$25,000 a year. Clean and well located, living quarters. Apply Box C54, Penticton Herald. 54-59

1952 CHEVROLET sedan delivery all extras, phone 5378. 54-56

FOR SALE

2 HOUSES TO BE MOVED

to make room for new theatre located on Blocks 14 and 15 on Martin Street. Will accept reasonable offer.

Enquire at CUMMING REAL ESTATE

HOWARD & WHITE MOTORS JUST arrived, another car load of Buicks, 4 door Riviera hardtops, Canada's most beautiful car.

HOWARD & WHITE MOTORS 496 Main Street Phone 5628

1951 PACKARD Sedan Ultramatic. Only gone 13,000 miles. Very good condition, low price. Phone 2734 after 5. 55-56

POTATOES for sale. 902 Government Street. 55-4f

SIX room house, large lot, low down payment. 434 Scott Ave. Phone 3214. 55-57

COCKTAIL size napkins — new designs, never been seen before in Penticton. Be first to have these. Murray's, 234 Main St. 55-57

NO Fire Insurance? We can give you 3 year coverage for as little as \$3.50 per thousand. See Neil Thessens at Valley Agencies, 41 Nanaimo Ave. E. Next to Rexall Drug Store, or phone 2640. W16-4f

TWO bedroom home, furnace, pembroke bath, wired 220, half acre. Phone 2983. 55-56

IN A HURRY! — Sell me your beer bottles. 'Til be there in a flash with the cash! Phone 4235 W. Arnot. 44-WTF

HOWARD & WHITE MOTORS FOR sale 2 late model Buick Sedans, 1 standard transmission, 1 automatic transmission. Drive a Buick — Drive a Bargain.

HOWARD & WHITE MOTORS 496 Main Street Phone 5628

SIX unit auto court, fully furnished, near lake on Highway 97, full price \$16,000. Half cash will handle. Phone 4511. 55-57

FOR sale 1 electric paint sprayer, 1 truck jack, 1 frigidaire, gas stove, oak table, seats 12, camp table and bed, gas lamp, electric toaster, iron, hot plate, sealers and other articles. Call at 1020 Argyle St., or phone 2577.

MACHINERY HERE'S something you have been waiting for. Now we can supply you with this valuable equipment: one D7 Cat, late model, like new, Blade which, starter \$12,000.00; two HD 5 Cats, fully equipped for logging, like new, late model; one tandem diesel 8 ton truck; one 3 to 4 ton Mercury tandem; one HD7 and one D6 Cat, also fully equipped for logging, all late models, with electric starters; also Ford lifts, 4 ton and 8 ton. Cash and terms. Will take anything in trade. Phone 3898 or ask for Mike at Pines Gasateria, South on Main St., Penticton, B.C. 55-60

BIG time for all at Duke Ellington's Show and Dance June 6 at Arena.

ONE six hole Universal Cooler. Phone 3866. 55-56

CAR top tent. Phone 4882 or apply 554 Martin St.

OLDER type three bedroom home on two lots. Connected to sewer, several fruit trees. Price \$3000 cash or \$3500 terms. Phone 2033 or apply 566 Forestbrook Drive. 55-56

TWO bedroom home in West Summerland, has 220 wiring, close in, \$4,200 cash. Phone West Summerland 2537. 55-57

HOWARD & WHITE MOTORS JUST arrived, another car load of Buicks, 4 door Riviera hardtops, Canada's most beautiful car.

HOWARD & WHITE MOTORS 496 Main Street Phone 5628

LARGE size trieyale. Very good condition. Suitable for child 6 years old. Can be seen at Taylor's Cycle Shop.

FOUR room modern house, connected to sewer; good soil and location. Full price \$2,900. Phone 4477 or 5445.

FOR sale or trade for older car, 1952 Plymouth Hardtop loaded with extras, Apply 905 Churchill Avenue or phone 3420. 55-56

FOR SALE

GENERAL store in Kelowna District, full line of stock and fixtures. Very good. New building. Will sell reasonably. Phone Kelowna 4214. 55-56

ELECTRIC Shaver Repairs. Complete service with parts for all makes always in stock. Cliff Greyell, Radio Doctor. Dial 4303. 33-46-4f

EITHER of two very choice antique wall clocks, approximately 75 years old, excellent timekeepers. One in dark mahogany, approximately 32 inches long, one in Tawny Mahogany, approximately 42 inches long, at Guerard's Furniture Co. 55-4f

WANTED

GOOD proposition open for an expert mechanic willing to invest \$3000 in sound new business. Apply Box C50, Penticton Herald. 50-4f

HELP WANTED - FEMALE — Major oil company requires clerk stenographer, starting salary \$205 month. Applicants must possess good shorthand and typing speed, as well as dictaphone and clerical experience. Applications to be submitted to Box A52 Penticton Herald, in own handwriting, listing full qualifications and date available for employment. Interviews with qualified applicants will be arranged for May 20th. W-52-55

FOR expert piano tuning, your Heintzman Dealer. Phone 2609 and 2694. Harris Music Shop. W7-4f

FOR your building program, and reliable service please phone 2013.

WANTED

Someone interested in renting at a nominal figure and developing 1 1/2 acres of fenced level land without rocks, on city water, and close in, suitable for vegetables, bulbs, small fruits etc. Phone 4943 evenings after 6 24-4f

TOP Market prices paid for scrap iron, steel, brass, copper, lead etc. Honest grading. Prompt payment made. Atlas Iron & Metals Ltd., 250 Prior St. Vancouver, B.C. Phone Pacific 6357. 32-4f

YOUNG physician wishes to rent an unfurnished, three bedroom house commencing June 15, 1955, or nearest date. Would consider a larger house. Contact Dr. J. R. Henniger, 1825 W. 10th Ave. Vancouver 9, B.C., or phone Summerland 5377.

CLEAN, healthy woman, immediately, to assist elderly couple in large garden and small house, for four months. Saturday and Sunday free. For interview write Box 55, Narmata. 53-55

WOMAN for housekeeper in modern home. Must be fond of small children. Phone 3025. 54-4f

A BUSINESS girl to share a self-contained suite. 800 Main St., Penticton. 54-4f

WOMAN desires day work. Phone 2541.

APPROXIMATELY May 25th, lady to look after two children, ages 2 1/2 and 3 1/2, while Mother is in hospital and for a period of approximately two to three months thereafter. Will be required to do some cooking and housekeeping. Position may become permanent. Phone 4180. 362 Main St. 54-56

1953 MACK LOGGING TRUCK Model B608, with Hayes Anderson 18 ton tandem trailer, 12' banks. Priced at \$16,200 for quick sale. Reply to Box E53, Penticton Herald. 55-55

UNFINISHED house trailer, 22 ft. complete with oil cook stove, table, chairs, double bed, bed chest, dresser, built in clothes and kitchen cupboards. Phone 3271 or call second house Lee Ave. 51-4f

GOOD home wanted, preferably without children, for 5 year old spayed female cocker spaniel. Phone 2918.

WANTED TO RENT Unfurnished 2 or 3 bedroom home convenient to school required July 1st or 15th. Good references. Write Dr. R. A. Parutharson, 462-12th St. N.W., Calgary, Alta. 55-60

WANTED immediately chairman for survey crew. Must be physically fit and willing to work. Survey experience desired but not essential. Permanent position. Apply to Box H53, Penticton Herald, stating full particulars. 55-56

REQUIRE for July or August (any four week period) for young family (three children) summer cottage or suitable accommodation at going rates, paid in advance. Box J53, Penticton Herald. 55-56

INCREASED business and population creates permanent opportunity for three ambitious men to complete our sales staff. One valley opening. Apply Fuller Brush Co., 1209 Pleasant St., Kamloops, B.C. 55-56

UNFURNISHED house required by responsible young couple with infant. Contact room 103, Prince Charles Hotel. 55-57

WANTED

SALESMEN from the following towns, Penticton, Oliver, Osoyoos, Princeton, Keremeos, Summerland, Narmata to sell bonds in their local community on commission basis. Can be part time. Apply by writing to Box F55, Penticton Herald. 55-4f

ROOM and board or sharing by young business woman. Must be close in and congenial. Box B55, Penticton Herald.

BABY sitting or part time housework wanted. Phone 2404 8 to 8:45 a.m. 55-56

COMING EVENTS

RUMMAGE sale at KP Hall on May 21st, 2 p.m. L. A. Fire Dept. 53-56

LADIES Auxiliary to Canadian Legion holding a "whist" drive Wednesday, May 18 in Legion Hall at 8 p.m. Admission: 40c. 53-55

"Tea of the Isles", Saturday, June 4th, St. Saviour's Evening W.M.A. W-52-57

RUMMAGE sale, St. Ann's Church Hall, Saturday, June 4th, 2 p.m. W-52-60

BIG time for all at Duke Ellington's Show and Dance June 6 at Arena.

PERSONALS

DEL JOHNSON, Frank Brodie, barbering at Brodie's, 324 Main St., Mrs. Salloway hairdressing, Phone 4118 for appointments. 24-4f

INVESTMENT TRUSTS are attracting savings at the rate of a billion dollars each year. Phone Doug Southworth, The Investment Trust Man, at 3108, for your share of sound Canadian Stocks! 42-4f

ALCOHOLICS Anonymous, enquiry Box 92, Penticton or Box 564, Oroville, Washington. 55-4f

IF Mrs. W. L. Peaker, Bench, Penticton and Mr. O. G. Hogg, Narmata, will bring one coat and one suit to the Modern Cleaners, we will clean them of charge as a token of appreciation.

THE LAUNDERLAND Company Limited Main St. Penticton Dial 3126

Are you a Launderland Dry Cleaning Customer? Watch this column.

AGENTS LISTINGS

CLOSE TO CITY CENTRE Large 6 room family home, fully modern, fireplace, full basement, furnace, large lot with fruit trees. \$10,000, terms.

Others, large or small, at prices and terms to suit any prospective purchaser.

7 1/2 acre Orchard, good varieties, 422 full bearing, 292 younger trees, good modern home, guest cottage and other outbuildings, sprinkler irrigation, tractor and equipment. Priced to sell at \$23,500. Terms.

Good variety of others, one of which is bound to suit your requirements.

COFFEE SHOP AND SNACK BAR 5 room home and store, fully equipped business, all for \$9,500. Terms.

Several other good businesses worth investigating.

FARMS AND CATTLE RANCHES All sizes and prices, some fully equipped with both cattle and machinery. If you are looking for a Farm or Ranch we have it.

We have Clients with cash for investment properties. If you have property you wish to sell for cash that will show good returns see us without delay.

FOR RENT Houses, suites, stores, offices and desk space in office.

P. E. KNOWLES LTD. 618 Main St. Penticton, B.C. Dial 3815

Evenings: Frank Sanders 9-2103 Wm. Saunders 3848 Allan Hyndman 5448 Okanagan's old established Agency

IMMEDIATE POSSESSION LOW TAXES Two bedroom modern home on large lot. Fully landscaped, fenced. Total price only \$5000 with terms available.

SUMMER HOME Small house with full basement. Three quarters of an acre of land near beach. \$4950.

TOURIST CAMP SITE Mile of frontage on main highway, beautiful tourist campsite, ideal for dude-ranch site, total price only \$3200.

PENT

URGES SUPPORT OF 9 in ONE APPEAL



F. G. PYE

Fred Pye, of Pye & Hillyard in Penticton is a long-time resident and has always contributed much time and effort to those community endeavors which are so important in building a better city. For several years he has been a hard worker for the Arthritis Society and is presently a director of C.A.R.S., one of the major groups in the United Appeal. The important thing, he said, is to keep all 9 groups in mind when making your donation.

Pledge Generously to the 9 in ONE APPEAL
Penticton and District United Welfare Appeal, all this week!

Alberta General Election June 9

EDMONTON, (BUP) — Premier E. C. Manning set June 29 as the date of an Alberta general election last night and immediately kicked off the Social Credit campaign with a radio address on six stations.

He dashed opposition parties for staging "a campaign of gutter politics" in their efforts to unseat the government, and appealed to voters for "a clear-cut vote of confidence."

Manning made a detailed reply to attacks launched at the administration during the session of the legislature that was dissolved last Thursday.

He described as "absurd and ridiculous" a Liberal charge that Social Credit members were sitting in the Legislature illegally because they did business with the treasury branches, a provincial government-owned banking system.

Manning said he called the election because "while the Liberal charge was absurd and, in the opinion of many capable lawyers, would not stand up in a competent court, its implications are too serious and far-reaching to let stand."

Weekend visitors in Penticton with Mayor and Mrs. Oscar Matson were Mr. and Mrs. F. Vern Whitworth and Mr. and Mrs. all of Vancouver.

In 1954, a total of 13,215 ships carrying more than 100,000,000 tons of cargo used the Suez Canal.

Today's Stock Quotations

Supplied by Southern Okanagan Securities

VANCOUVER STOCKS

	Bid	Ask
Cdn. Atlantic	5.55	1.70
Charter	1.63	1.45
Del Rio	73	75
Gas Ex.	9.00	
Home	2.50	2.70
New Super	10.25	
Pacific Pete	1.25	1.28
United	67	68
Van Tor	66	68
Yank. Princ.	66	68

MINES

Beaverlodge	63	65
Bralorne	3.00	
Cdn. Collieries	8.65	
Cariboo Gold Q.	72	
Estrella	11	74
Giant Mascot	72	
Granby	15.00	
High Bell	47	
National Ex.	1.96	2.10
N.W. Vent.	40	42
Quesno	16	17
Sheep Creek	1.05	1.10
West. Tung.	10	11

EASTERN STOCKS

	Open	Last
Abitibi	86	85 1/2
Aluminum	47	46 3/4
Asbestos	26 1/2	26 1/2
Bell Tel.	29 1/4	29 1/4
Braz. Trac.	29 1/4	29 1/4
B.C. Oil	29 1/4	29 1/4
B.C. Forest	29 1/4	29 1/4
B.C. Power	29 1/4	29 1/4
B.C. Tel.	29 1/4	29 1/4
Consol. Smelt.	34	33 3/4
Dist. Seag.	36 1/2	36 1/2
Famous Players	27 1/4	27 1/4
Imp. Oil	36 1/2	36 1/2
Int. Nick.	63 1/2	63 1/2
MacMillan	35 1/4	35 1/4
Massey-Harris	9 1/4	9 1/4
Noranda	48 1/2	48 1/2
Powell R.	49 1/4	49 1/4
Consol. Paper	35 1/4	35 1/4
Ford of Cdn.	115 1/2	115 1/2

Horticultural Group Meets At Summerland

SUMMERLAND — The parlor show at the May meeting of Summerland Horticultural Society brought out more entries than the earlier months of the year. In Class A, six cut flowers, winners were Mrs. K. Mc Kay, Naramata, and Mrs. Alex Inch. In Class B, 1, decorative arrangement, Mrs. McKay won again, with Mrs. W. F. Ward, second. Class B, 2, a miniature not over six inches in diameter; Mrs. W. F. Ward and Mrs. E. C. Bingham were winners with delightful small bouquets.

The annual sale of plants was successful, adding over \$20 to the treasury. E. H. Bennett reported on the valley show committee, saying that alternate shows will be held at the north and south ends of the Okanagan, with this summer's display to be either at Kelowna or Summerland, to be announced later.

There was a film on the PGE, and later refreshments were served.

Austrian Treaty 'Beacon Of Hope'

WASHINGTON, U.S. — Secretary of State John Foster Dulles believes the big four top-level talks will open new opportunities to roll back the Russian iron curtain now shrouding Eastern Europe.

Officials said today this was one of the most significant points behind Dulles' dramatic foreign policy "aha" with the American people last night.

ADDRESSES NATION

Seated in President Eisenhower's private office, the Secretary of State told a nationwide radio and television audience that the newly-signed Austrian State treaty is a beacon of hope to oppressed peoples everywhere. Dulles said the treaty, which assures withdrawal of occupation troops, is sure to have "tremendous impact" in Soviet-dominated Czechoslovakia, Hungary and other satellites. He noted that a Big Four meeting could discuss the Soviet-occupied countries of Eastern Europe and the problem of International Communism along with German unification, disarmament and atomic weapons.

Use olive or salad oil to remove the fuzz left on the dining room table surface by the protective pad. Polish with a soft cloth. Don't use water.

A. T. LONGMORE
GENERAL INSURANCE AND REAL ESTATE
Fire - Auto - Casualty
249 Main St., Penticton, B.C.
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Complete Insurance Protection 35-10



J. Campbell Hackney of Vancouver has recently been appointed agricultural counsel to the Canned Foods Association of British Columbia, it is announced by Arthur Hayden, President. Mr. Hackney will assist fruit and vegetable growers in the Fraser Valley and the Okanagan in study and solution of their problems and establish closer liaison with the canning industry.

Born on a farm in Ontario, he graduated from the University of Saskatchewan College of Agriculture after serving overseas in the First World War. He was field supervisor for the Soldiers' Settlement Board, then export manager of the Canadian Livestock Cooperative, Winnipeg. He re-enlisted during World War II and served as recruiting officer with the RCAF. He has been serving as agricultural counsel in British Columbia since 1944. In that capacity he has been closely associated with wholesale and retail food distribution.

Mr. Hackney has been active in farm groups for many years and was elected president of the Agricultural Institute of Canada at the annual meeting in Montreal last summer.

LETTER OF THANKS

Home Oil Co. Ltd. wrote to council expressing thanks for the renewal of their lease on the unused street-end property.

The Detroit River is the world's busiest waterway.

D. NELSON-SMITH COLOUR



DEPOT

Painter and Decorator

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3 • Estimates

4 • Quality Work

9 161 Main St., Penticton

Approve Transfer Of Lease At Skaha Lake Concession

Council has approved the transfer of the lease for the Skaha Lake boat and refreshment concession from Mrs. H. Kingsley to Mr. and Mrs. L. C. Tebbitt, subject to it "remaining where it is". The parks authority wanted to move it so as to clear the way for the new aquatic club pier.

In the debate on the question, it was revealed that doing this would entail another hearing, together with the essential advertising, which, of course, council would have to provide funds for. It was also stated that some of the residents in the area would object to the moving of the holding, and that the new owners want it to stay in its present location.

The original agreement covers the matters of necessary transfers.

Michigan was organized as a territory in 1805.

Gala UCT Golf Meet At Kelowna Over Weekend

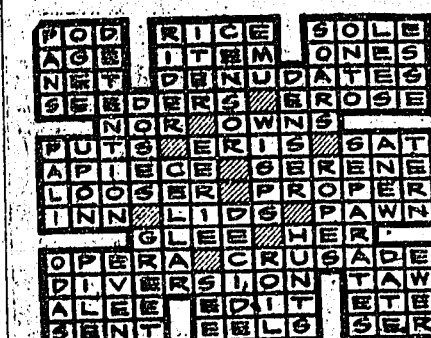
The United Commercial Travelers' annual golf tournament will be held in Kelowna this weekend, May 21, 22 and 23. Entries from many coast and interior points are expected to take part in the ever-popular tourney.

Last year the event was held in Penticton, and was one of the most successful in recent years, with 65 entries — local mashie-wielders picking up many of the prizes. Reports from Kelowna indicate that this year's meet may prove to be more successful than ever.

At least six Peach City golfers will take part in the tourney, which is open to any amateur — regardless of ability. There are plenty of prizes, and a good time is guaranteed for all those who take part.

Any Pentictonites who are interested are urged to phone Hugh Lynch at 3703 or 3980.

Aluminum utensils are pitted by strong salt solutions of moist food left standing. A preventive measure is to empty pans immediately after using them.



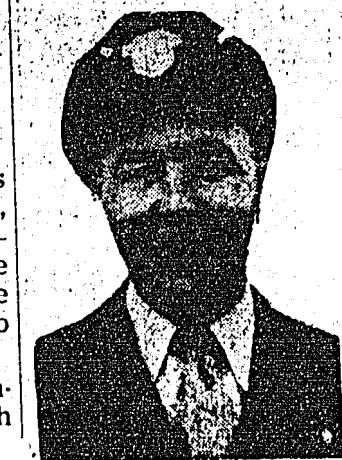
THE RITZ IN VANCOUVER

VANCOUVER'S SHARPT RITZ HOTEL HAS MUCH TO OFFER THE OUT-OF-TOWN VISITOR IN COMFORT AND GOOD SERVICE. IT IS CONVENIENT TO THE BEST RESTAURANTS, SHOWS, THEATRES, THE ART GALLERY AND STANLEY PARK. YOU WILL BE DELIGHTED WITH YOUR STAY AT THE RITZ. GARAGE AND SERVICE STATION. **RITZ HOTEL** 1600 WEST GEORGIA STREET, VANCOUVER 8, B.C.

AL'S RADIO CABS AND THE PENTICTON TAXI

Phone 3131 - 4222

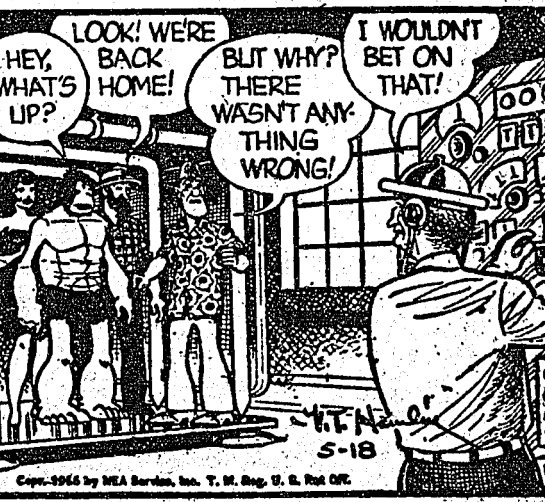
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Golden Jubilee Special! CREAM DEODORANT

with CHLOROPHYLL
Safe and effective. Will not irritate sensitive skin. Doesn't dry out in the jar.
3 oz. jar regular 1.50
Special (for a limited time only) Anti-perspirant and Deodorant 1.00

1 oz. Jar, Regular 75c Special 50c

TIFFANY FLUFFY CLEANSING CREAM

3 oz. Jar, Regular 1.25 Special 98c

TIFFANY CREAM SHAMPOO WITH LANOLIN

2 oz., Regular 75c Special 50c

TIFFANY COLOGNE "CREATION"

Regular 1.50 Special 1.00

O. M. MacINNIS DRUG STORE LTD.

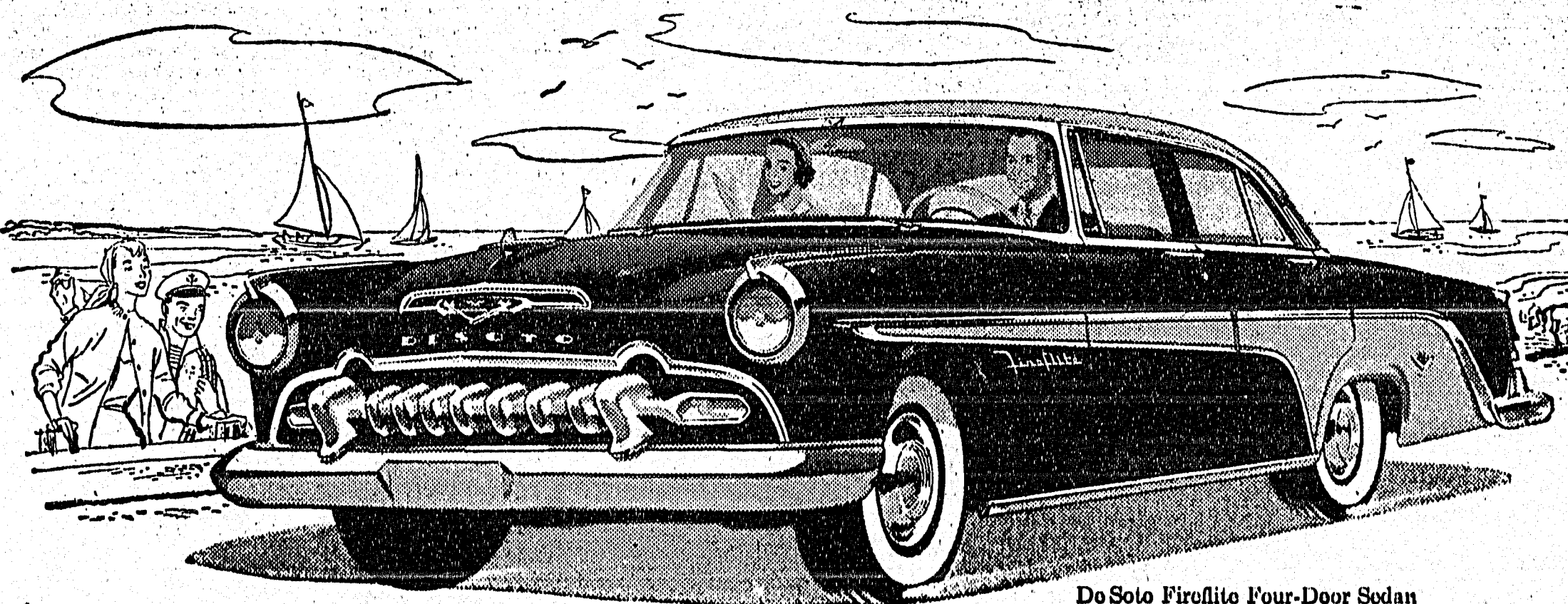
BOB PRIEST, Manager We Deliver
Phone 2633
Store Hours: Weekdays 8:30 a.m.-8 p.m.
Sundays—10:12 a.m. and 7-8 p.m.



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De Soto Firefly Four-Door Sedan

De Soto reflects the modern spirit... in such distinctive fashion

DESOTO WINS "FLYING MILE" AT DAYTONA BEACH RACE

De Soto Firefly V-8 makes history by setting a new record in the Daytona "Flying Mile" competition. Clocking at a sensational 112.295 m.p.h., Owned and driven by Don MacDonald, an editor of Motor Trend magazine. A strictly stock model, running under rigid rules of the National Association of Stock Car Racing.

Going places in a new De Soto tells the world that you're a keen judge of distinctive styling and flashing performance!

Your choice of a new '55 De Soto also reflects your appreciation of spacious luxury. No other Canadian car has a longer or wider or roomier body than this big 18-foot beauty!

You'll find it an exciting adventure to take a drive in a new De Soto. In it, you command the road with the mighty V-8 engine that topped all others in its class in the famous "Flying Mile" competition.

You can see and drive a new De Soto exactly like this record-setter! Let us show you this smartest of the smart cars today.

Manufactured in Canada by Chrysler Corporation of Canada, Limited

SEE THE FABULOUS NEW DE SOTO, MOTION-DESIGNED FOR THE FORWARD LOOK, AT YOUR DODGE-DE SOTO DEALER'S NOW!

187 Nanaimo Ave.

PARKER MOTORS LIMITED

Phone 2839

Sports Retorts

BY JOHN YEOMANS

Many interesting developments floating around the Okanagan hockey world these days, the most important one perhaps being the "smarten up" campaign launched at the annual OSAHL meeting at Kelowna last Sunday, attended by yours truly.

As Monday's sports page pointed out, the league is almost unanimously in favor of cutting expenses — really slashing them to the bone, not just putting them down here and there. Methods suggested, and no doubt to be put into effect by the look of things, are: reducing the maximum salary by around 30 percent to an absolute top of \$300 per month; giving clubs a weekly salary budget to work with; and cutting the allowed number of players from 18 to 13, including goalie. The latter will also be one of B.C.'s recommendations to the CAHA, for the proposed adoption throughout the country.

Fine and dandy . . . but does it occur to the valley league that odds are that the CAHA will not accept this proposal? Odds, heck! They'll never accept a proposal such as this one, that's a foregone conclusion. And since we hereby assume that the Dominion body will brush aside any proposals to cut number of players, let us take a look at what would happen in the OSAHL if we comply with all these suggestions and the rest of Canada doesn't.

Coupled with the salary slash, the Okanagan loop would almost overnight cease to be of Allan Cup calibre. With only 12 to 14 players, a team cannot hope to compete against a full roster of 18, plus goalie.

Also, it should be borne in mind that the large cut in maximum salary will instantly lose for us almost every good young player we have — and heaven knows we haven't got many. If a player such as George McAvoy, we'll say, could get \$150 a month more in Ontario than he could in BC, where would he decide to play?

The meeting at Kelowna pointed out that ex-pros from the Western Hockey League will come to the OSAHL for a lot less green stuff than the league is offering them now. Sure, but with a league composed of old pros (1) fan support would drop way down, and (2) the terrific heating, sustained in a long Allan Cup series would be just too much for them.

A league consisting of nothing but old pros would instantly drop several points in the rating scale . . . and would keep on dropping as fan support got lower and lower. Allan Cup hockey would vanish like the Arab and his tent, and we would put ourselves back several years, to what would be in effect intermediate hockey.

It's a question, really, of what we want in the line of hockey in the Okanagan. If we all claim to be fed up with so-called "salaries that are out of this world" and "exorbitant cost of running hockey", then we have no alternative but to cut costs and thereby cut calibre . . . and fan support.

But if we want to keep Allan Cup brand hockey here, this column just cannot see how we can do it without going along exactly as we have been doing. Wishful thinking is fine — this writer, as you know, is full of it — but we've got to face the facts.

In our opinion, the instant you enforce a slashed salary maximum and restrict number of players down to a bare minimum, senior hockey, as Ontario knows it, anyway, is dead in B.C., regardless of whether people in the Okanagan are fed up with the way things are run or not.

As the old saying goes, and it applies 100 percent in our present hockey situation, "yer pays yer money and takes yer choice", bitter as "yer choice" may be. So — how about it? Does the Okanagan wish to continue as an Allan Cup contender?

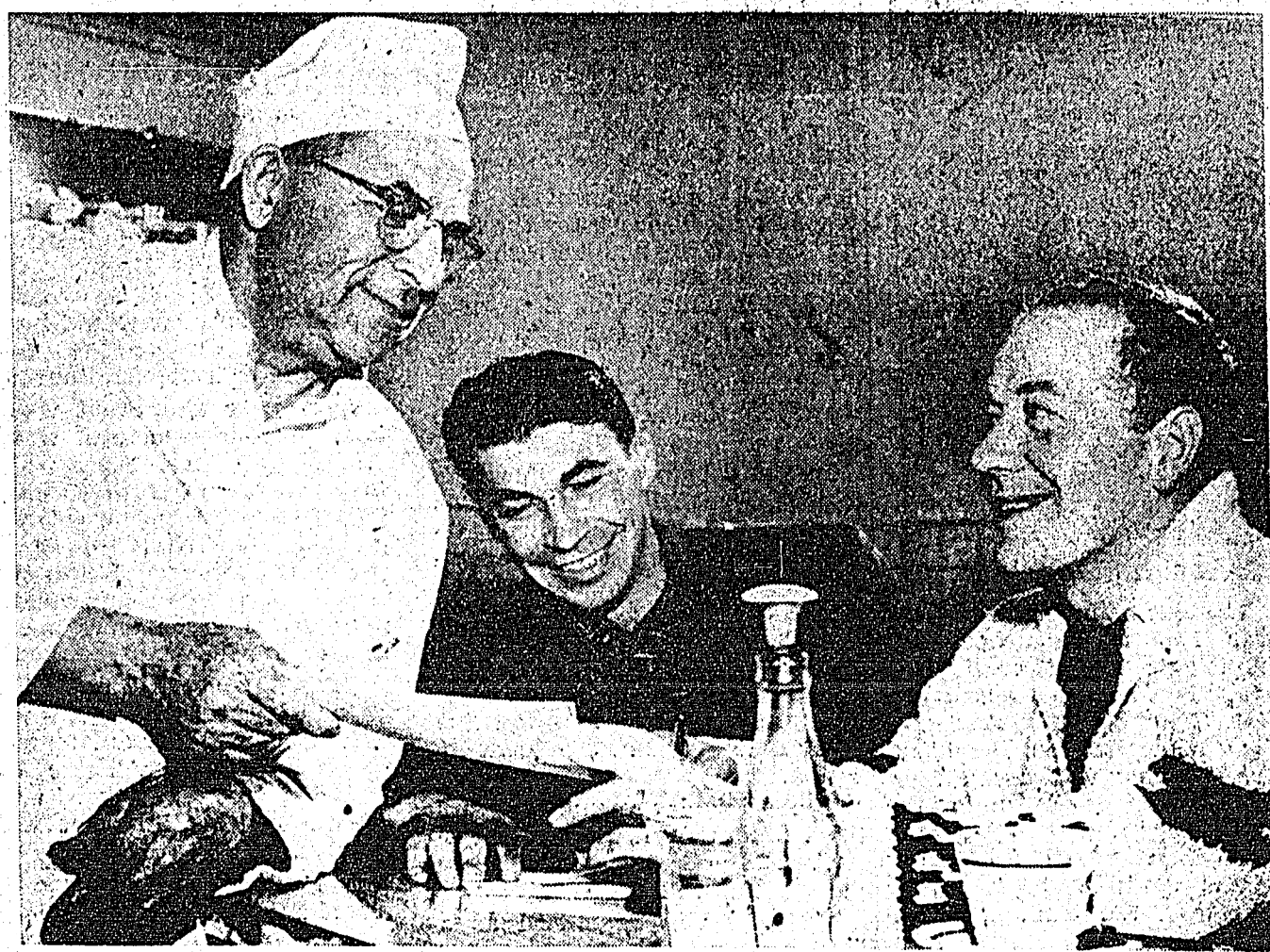
The most interesting topic arising at Sunday's meeting, as far as we are concerned, and the most promising and heartening one, is the possible expansion of the OSAHL to six teams. If 1) Regina and Winnipeg's entries into the Western Hockey League decide the WHL to expand to 10 teams — five on the prairies and five at the coast, 2) if Spokane becomes one of the five coast entries as expected, 3) if Kimberley drops out of the Kootenay league as is strongly hinted, 4) if Trail and Nelson are cast adrift and look around for an island to rescue themselves — i.e.: the OSAHL.

This we like. A six-club league is always far more balanced than a four-club one, as it tends to give the weaker sisters something to fight for. All too often you find that out of four clubs, one is far weaker than the rest.

But in a six-team loop there's usually some sort of a scramble going on among the two or three bottom place teams, very often eclipsing the struggle at the top of the league — particularly at playoff time when the fourth and last playoff spot is at stake.

We shall be watching this development with a great deal of interest, as it strikes us as an extremely important change — one that could well strengthen our whole set-up here. Long live the B.C. Senior Hockey League, stretching from Kamloops to Nelson.

As a parting thought of the lighter variety, would like to quote the last few words of the story we wrote Monday about the OSAHL meeting, as the words appeared in Monday's paper: " . . . the possibility of Nelson and Trail joining up with the OSAHL. The meeting could not discuss this item in any concrete terms as all is still rumors and hearsay". Hearsay? Something tells us that this wasn't the word we wrote, originally, and that any rumors to the contrary are pure hearsay.



A NEW BASEBALL CLASS IS BORN—the Babe Ruth league, and above are the three men directly concerned. League organizer and general spark plug Wilf Sutherland (right) closes a deal with sports-minded John Love (left) in his Main Street cafe to sponsor one team in the proposed four-team loop. Frank Wittner (centre), new proprietor of the Sports Shop, has also undertaken one team and with these two big hurdles safely past, Babe Ruth ball—the bracket for boys a little too old for Little League—appears a certainty. Sponsors and coaches are still badly needed, however. All boys who wish to play Babe Ruth ball are to turn out at Little League park at 6 p.m. today, whether or not they are already registered, for official grading.

Summerland Golfer Bleasdale Tops At Fruit Shippers' Meet

Summerland golfer Chuck Bleasdale proved to be the best at the 25th annual Fruit Shippers' Golf Tournament held here Monday and Tuesday, as he posted the best gross score with an even 80, teamed up with Foster to win the CIL Organizational Handicap for BC Fruit Shippers, and took the Par Cup for posting most birdies and par scores.

The tournament, an annual affair that was held last year in Kelowna and moves to Vernon next summer, was attended by over 100 registered players, and was one of the most successful tournaments of its kind staged by the group.

After the gold medal was all over men and women who took part all congregated at the Hotel Prince Charles Tuesday night for a banquet and dance, at which the various prizes were presented.

Low gross score for women was posted by Mickey Green (Kelowna), with an even 50 for nine holes. Other prizewinners were: Doug Buckland (Kelowna) 2nd flight Handicap Trophy; Dick Benmore (Kelowna) 3rd flight Handicap Trophy; Pentecost Co-op (Rainbow and Watson) Organizational Handicap; Roy Bonner, Shippers' Handicap trophy; John Stark (Vancouver) and Elmer Herb (New Westminster), "super golfers' reward" for pars and birdies; Raincock, long driving (240 yards); Sterling and Cummo (tied), Aggregate, with 573 score; Marian McDonald (Vernon), ladies' 9-hole Handicap; Mrs. Chart Nichol (Penticton) Ladies' bridge; and low gross and low net, respectively.

Medal Round For Ladies' Golf Club

While Penticton Ladies' Golf Club continues playing for the Burnside Rose Bowl two-ball foursome competition, other golf activity continues in the club. Tomorrow will see a nine-hole Medal Round staged on the local greens, the draw for which is as follows: 1—McCune, Swanson; 2—Kernaghan, Carberry; 3—Grove, Miggins; 4—McMurray, Hill.

How They Stand

	P	I	W	L	%	GBL
SUMMERLAND	4	4	0	0	1.000	
KAMLOOPS	5	3	2	0	.600	1 1/2
OLIVER	5	3	2	0	.600	1 1/2
PENTON	4	2	2	0	.500	2
KELOWNA	4	1	3	0	.250	3
VERNON	4	0	4	0	.000	4

Summerland, Oliver and Penticton senior ball clubs will hold a knockout tournament at King's Park Monday afternoon.

Lady Golfers In Martin Cup Play Here Tomorrow

Following is the draw for Ladies' Golf Club action tomorrow, the 18-hole qualifying round for the Martin Cup:

1—Joan Campbell-Frances Lattimer; 2—Evelyn Johnston-Pearl Betts; 3—Gladys Mather-Ina Guile; 4—Sharonne Fleming-Maureen Joplin; 5—H. Brodie-C. Enns; 6—E. Southworth-R. Carson; 7—Ailee Howard-I. Rodway; 8—Mary Johnson-Lorna Mitchell; 9—E. Carse-O. Lawson; 10—G. Dean-M. Hyndman.

Bronco Busters, Brahma Bulls At Keremeos Rodeo

The annual Elks' Rodeo at Keremeos bursts into the springing line tonight, Monday, with the action-packed, thrill-a-minute show getting underway with a Grand Opening Parade at 10:30 a.m. and the rodeo proper starting at 2 p.m. at the rodeo grounds.

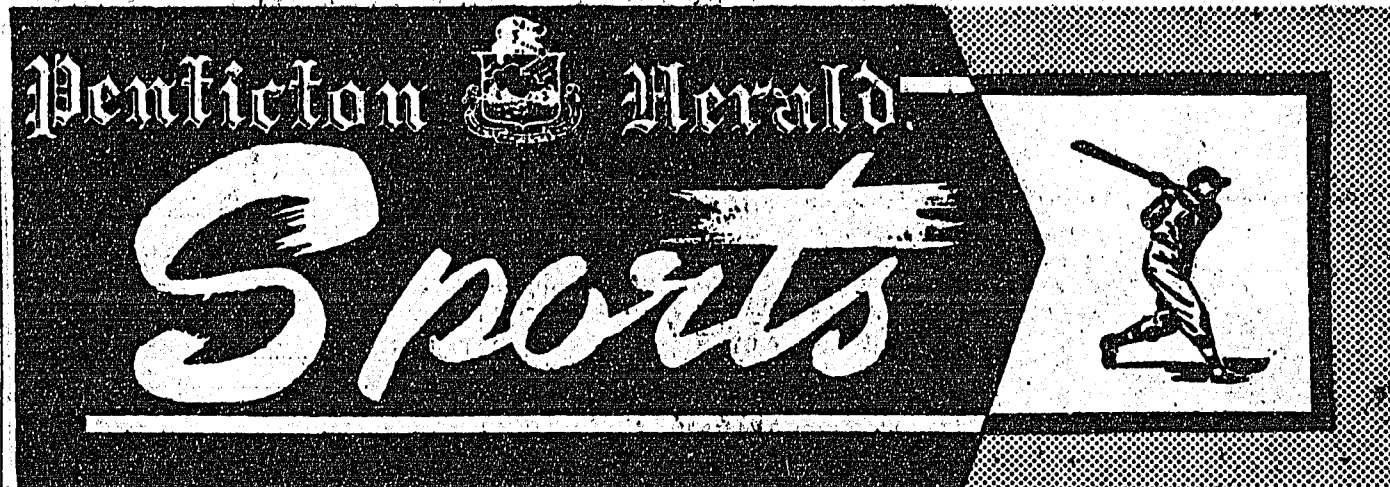
Among the variety of events are: saddle bronc riding, bareback riding, bull riding, calf roping, various junior events, a cutting contest and a stake race. There's lots of seating accommodation and good picnic grounds for those who turn out to see the show.

Tickets are \$1.50 for adults and 50 cents for children. Following the rodeo will be the big Rodeo Dance in Victory Hall, starting at 9:30 p.m., at which will take place the crowning of the rodeo queen.

There will be a children's pet parade and a presentation of prizes by the OORP. Refreshments will be on sale at the rodeo grounds.

Thirty-five persons took part in the United Commercial Travelers' annual golf tourney on Saturday.

Low net score for the 18-hole affair ended in a tie score of 72 between John Jerome and Sam Orr. Jerome won in the extra hole.



Little Leaguers Prepare For Sunday's Big Opener

Summerland Rifle Club Welcomes New Members At Shoot

Fifteen men attended practice at the Summerland Rifle Range on Sunday morning. Several new members were welcomed by the club. George Dunsdon's score of 99 was high for the week, with Ron Taylor and Herb Simpson tied for second place with scores of 98.

Other scores were as follows: S. Dunsdon, 94; W. Cousins, 94; P. Dunsdon, 94; E. Desilet, 94; J. Cooper, 88; B. Daniels, 85; L. Johnston (RCMP), 85; R. Blagborn, 84; G. Dolder, 79; C. E. Piers (RCMP), 68; A. Gartrell, 58; J. Wilson, 57 (two ranges only).

A work party went to the range in the afternoon and completed the repairs to the targets, so everything is now in readiness for the BCRA shoot next Sunday and Monday.

A silver medal has been put up for competition, bringing to four the number of awards offered by the club. The new medal is to be presented to the beginner having the highest monthly score, and it is hoped that this innovation may help to entice more new members and encourage those who have had their first introduction to rifle shooting.

Other club awards are the gold, silver and bronze buttons, awarded to the three highest scorers each month, and the Loomer pin, presented to the shooter having the highest average in five declared shoots over the season.

Little League Players' Lists For 1955 Season

Following is the list of players on the four Little League teams for the 1955 season:

ELKS — Blair McIvor, Dale Hamilton, George Brent, Dick Connelly, Eddie Gale, Howard McNeil, Doug Asay, Bert Asay, Leonard Rainer, Terry Stokel, Ross McReady, Dale Halcrow, Russell Specht, Dennis Stockford.

LIONS — Bob Lemm, Danny Coe, Dave Stockford, Ian McDonald, Mike Roidl, Marv Casey, Ken Odemura, Alan Partington, Tommy Wells, Terry MacDermott, Kenny Almond, Mac Moryland, Dever Kilback, Earl Wiltse.

LEGION — Doug Ewing, Bob Syer, Bob Wiltse, Grant Warwick, Bill Blacklock, Tommy Turner, Bob Guernard, Bill McAdam, Philip Sonderoff, Dick McCarthy, Greg Swanson, Ken Lawson, Bob Dagg, Gordon Vander, Jordan Ellis, Bill Solberg.

ROTARY — Bill Stockand, Bill Benoit, Bobby Watson, Jim Crook, Donny Dennis, Bruce Rowland, Pat Stapleton, Jim Dodderidge, Keith Kerr, Bernard McCallum, Wayne Enslund, David Emanuele, Ronnie Esson, Gerald Campbell, Jim O'Neill.

Kelowna Orioles Post First Win

Kelowna Orioles won their first ball game of the season Sunday, and Vernon Canadians lost their fourth in as many starts, as the former pounded out an 11-5 decision over the unfortunate Canucks at Kelowna.

The winners bunched their runs, tallying four times in the first and ranning across seven in the sixth frame. Vernon got one in the first and third and added three more in the seventh. Bob Campbell was the winning pitcher.

Lawn Bowling Club Holds First Meeting At Greens Monday

Perhaps the truest harbinger of warm weather in Penticton is the annual return of lawn bowling to the city's sporting life, and if this is so, then warm weather is here to stay. Because the Penticton Lawn Bowling Club will hold its first meeting of the season this Monday, and its first free practice Tuesday. Regular league play for the Herald Cup is expected to get underway May 31.

The official opening of the 1955 season will be the Monday meeting, starting at 2 p.m. on the Brunswick St. greens. Teams will be drawn for the President vs. Vice-president competition, and all lawn bowlers are asked to turn out. Visitors are welcome.

The Little League Pool still needs coaches, and anybody interested is asked to contact Key Conway, players' agent. The Pool will be divided up into teams shortly.

Details of what is one of the most important features of the Little League season, the post-season regional playoffs, will not be known until the season is a few months old.

Chances are, however, that the local All-star team, which would probably be the Okanagan representative, will play off with either the coast or Central Washington representative team, unless the Kootenays manage to re-enter the Little League picture in B.C.

This is just speculation on the part of local officials, though, as the final decision on playoffs rests with the central league body at Williamsport, Pennsylvania.

OFFICIAL OPENING

Penticton Lawn Bowling Club
Monday, May 23rd - 2 p.m.

Rates for 1955 Season

Gentlemen \$12.00	Ladies \$7.50
Students & Juniors \$5.00	Non-Members, single game 50c

There are no further charges. Bowls can be supplied free during the first season. Greens on Brunswick St. - Visitors Welcome

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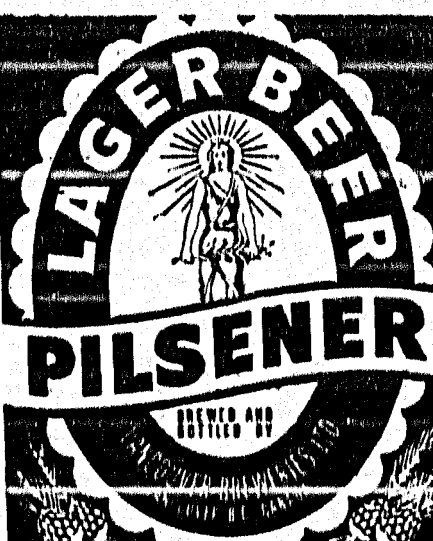
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C. J. "CHUCK" BLEASDALE, manager of B.C. Fruit Shippers at West Summerland, became open champion of the Fruit Shippers' annual golf tournament yesterday as the two-day event ended with a banquet in the Hotel Prince Charles Tuesday evening. Bleasdale (right) is shown above receiving the Westminster Paper Co. Ltd. Championship Trophy from company representative Elmer Herb.

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CALGARY — (CP) — Dio Herbert Freeze, 76, who died here recently, was a native of Anagance, N.B., who came to Calgary as a boy. He was on the famous trail of '98 and in later years owned a grocery store here. CUBS, \$50



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OVMA Will Discuss Apportioning Of Ambulance Costs

A Kelowna resolution to be heard at the Okanagan Valley Municipal Association session in Revelstoke, covers the costs of ambulance services furnished to surrounding areas, as is done in Kelowna. Opinion of Penticton council is that this cannot be done under the Municipal Act as at present constituted. However, delegates attending the convention will be left to use their own judgment when the debate on it is held.

TRAVELS FAST AND FAR

SUMMERLAND — Welcomed to Summerland on Friday was H. Wouters, Sr., of Amsterdam, who left his home on Wednesday and arrived at Penticton airport on Friday afternoon. During this time he had a 12-hour wait in Montreal.

Mr. Wouters will visit until July at the home of his son and daughter-in-law, Mr. and Mrs. H. Wouters.

BANKER APPROVES UNITED APPEAL



J. B. FEENEY

Few of us are not directly or indirectly interested in at least one of the nine agencies represented in the Penticton United Welfare Appeal. ALL nine groups deserve our help and we should be grateful to the local citizens who have organized this yearly drive, a practical approach to a very worthy need. Through pledges or cash donations we give one annual sum that is distributed according to their need among the participating worthwhile local causes.

Pledge Generously to the 9 in ONE APPEAL Penticton and District United Welfare Appeal, all this week!

Drama "The Barretts Of Wimpole Street" Produced Here Tonight By University Of B.C. Players

Tonight at 8 p.m. in the High School auditorium the powerful drama "The Barretts of Wimpole Street", by Rudolf Besier, will be presented by one of the most talented amateur theatrical groups in B.C., the University of B.C. Players Club.

This play is a dramatized true-life story of the stormy love affair of two poets, Elizabeth Barrett and Robert Browning, who must brave and eventually triumph over the tyrannical and selfish father of Elizabeth Barrett, before they can be united.

It tells of the girl's father who attempts to control every emotional aspect of both his daughters' lives, forcing one to promise never to see her lover again and almost crushing one of the most famous love affairs in history — that of Elizabeth and Robert Browning.

Tonight's play, which has a cast of 16, may be remembered by many for its film version of a few years ago.

The play, which caused a stir in London and New York when it first appeared in 1930, is the thirty-second production of the UBC Players' Club, which boasts of being the oldest dramatic organization of sustained activity in Canada.

Many professional Canadian actors have gained experience and training with the UBC Players, who have turned out such acting personalities as Jessie Tedhunter and Margaret Anglin of Broadway fame, Hollywood's Dorothy Adams, Beth Gillanders, Lister Sinclair, John Milligan and Ron Wilson, all of them radio and stage stars.

This production of "The Barretts" will be shown at twenty Canadian and U.S. centres.

"Gilmore Puppets" Play Here Thursday, Friday

For those Penticton folk who, regardless of age, appreciate the best in wholesome entertainment, there is a rare treat in store tomorrow and Friday when the famed Gilmore Puppets play here in three shows at the High School Cafeteria.

Testifying to this are a host of starry-eyed youngsters of elementary school age — and the few adults who accompanied them — who saw this famous show at the Carmi School auditorium this afternoon.

Tomorrow's show starts at 9:45 a.m. in the school cafeteria, and is strictly for kindergarten and grade I and II pupils. Friday the Gilmore Puppets will "go on stage" at 1:45, for grade III and IV pupils, and an evening show starting at 7:30 will be open to the general public.

The show to be seen here consists of two original plays, designed to meet the approval of all the young-in-heart from six (or under) to 60 (or over). Those are "How Old Am I?" and "How the Chipmunk Got His Spots", featuring Koko the Koala Bear as Master of Ceremonies.

The Gilmore Puppets are the creation of a highly talented couple — Spence and Alan Gilmore of Denver, Colorado. They have appeared in many parts of the United States, Canada and England, and their show is instantly loved wherever it is taken.

This couple do the entire show themselves, from making and dressing the puppets to writing the plays and acting out the parts. They come to Penticton direct from three weeks in Vancouver, their fourth yearly trip to the coast city, where they gave 13 shows. While in Vancouver they were interviewed over CBC television.

Alan and Spence Gilmore relate that one of their Vancouver shows was to an all-Chinese group of children. "Trouble is," says Alan Gilmore, "the write-up they gave us was all in Chinese, and we still don't know what they said about us. However, the children loved our show, and that's the important thing."

After leaving Penticton this weekend the Gilmore's go to Detroit, and from there to the North American Puppet Festival at Bowling Green, Ohio.

Tickets to tomorrow's and Friday's shows can be purchased at the elementary school or at the door. The Gilmore's appearance here is sponsored by the UBC Alumni Association, Penticton branch.

Direct shipping was established in 1955 between unlocked Paraguay and the United States. Previously goods aboard deep-sea vessels were transferred at Buenos Aires or Montevideo to river boats and railroads. But now river channels have been improved and small freighters go from the Atlantic up the Rio de la Plata, the Parana, and the Paraguay to Asuncion.

Sewer Service To Be Ascertained At Old City Yard

Before city council will advertise for tenders on the sale of the old city yard, five acres on Burnaby avenue, it will ascertain regarding the availability of sewer service to the property. This would materially boost the value, council and civic officials jointly agreed. A letter will be sent to Dr. Stanley, special consultant on the sewer problem, to obtain his views.

Meanwhile the city has obtained consent of the provincial cabinet for its proposal to include some areas in the sewer district which had been previously left out and that are now requiring hook-up. The government had told the city that it could proceed with this in the best manner possible.

Doris Chilcott in her third tour of the province plays the difficult role of Elizabeth Barrett in this play.

John Whitaker plays the tense and dramatic part of Mr. Barrett, while Gerry Guest takes the role of the dashing and elegant Robert Browning. Eve Newitt plays the young and attractive Henrietta, whose life is ruined by her father's dictates.

There are a good number of excellent seats remaining for tonight's play, and they can be purchased at the door or from members of the UBC Alumni group, sponsors of this visit by the Players.

Summerland Hospital Auxiliary President Talks To Women's Group

SUMMERLAND — Mrs. T. B. Lott, president of Summerland Ladies' Hospital Auxiliary spoke to Friday's meeting of the W.I. telling of the local hospital and what it offers to the community in an interesting address as part of the observance of Hospital Week.

Mrs. Eric Tait, president, reported on the valley rally held at Kelowna recently, which was attended by eleven members from Summerland.

The June meeting will be held at Trout Creek at the summer home of Mrs. Lawrence Rumball. Guest speaker was R. S. Oxley, Summerland magistrate, whose subject was based on our privileges as Canadian citizens. Mr. Oxley stated that in British Columbia they are probably greater than in any other place in Canada. He spoke of the responsibilities of women, urging them to get into positions in politics and other influential places, so that they could improve conditions. He deplored juvenile delinquency and suggested that women reconsider values assessing them for things that are lasting and worthwhile.

There was considerable discussion following Mr. Oxley's talk. A pleasant tea hour ended the afternoon.

Council Denies Store's Request For Longer Hours

Request of the J.K. Novelty Co. for permission to keep their store open for longer hours has been turned down by council, on the grounds that they belong to a store category, which does not open for these hours.

The firm, writing to council, expressed the wish to keep open during the tourist season "to serve our visitors who cannot get novelties elsewhere."

They will be told that unless they can get 75 per cent of their category to agree to changing hours, council is powerless to act.

Looking for a "deodorant" for cooking sauerkraut or shrimp? Try a bay leaf in either dish. The herb cuts the odor and at the same time flavors the dish a little.

PORT ARTHUR, Ont.—(CP)—An advertisement offering \$50 each for 50 live black or brown bear cubs ran in the Port Arthur News-Chronicle. The bidders were the Catskill Game Farm, Inc., of New York State.

Western Ontario asked district residents to send them Star of Bethlehem plants with the bulb intact. They plan to use an extract from the bulbs in studies of heart disease.

Three-fourths of Brazil's 57,098,000 people crowd within a 100-mile-wide coastal strip.

LONDON, Ont.—(CP)—Researchers at the University of

Out of respect to the late CLIFF WILKINS

The Okanagan Equipment Co. Ltd., will be closed all Friday afternoon, May 20th.



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• Subject to facilities being available, your Telephone Company now offers four-party business and residence telephone service within a five-mile radius of the exchange central office. Enquiries regarding rates and availability of service should be made at your local Telephone office.

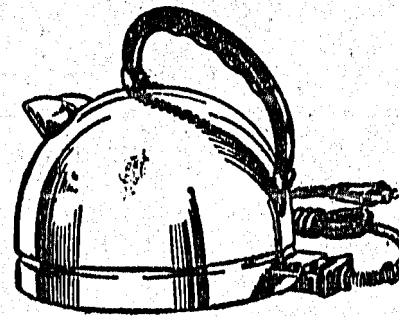


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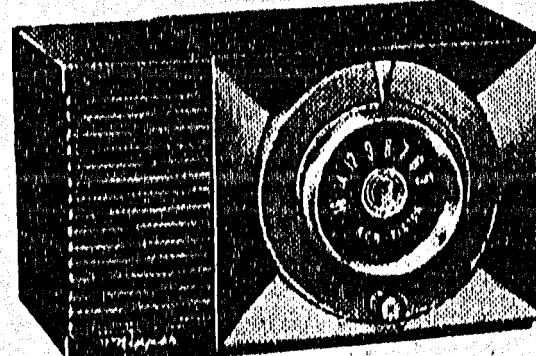
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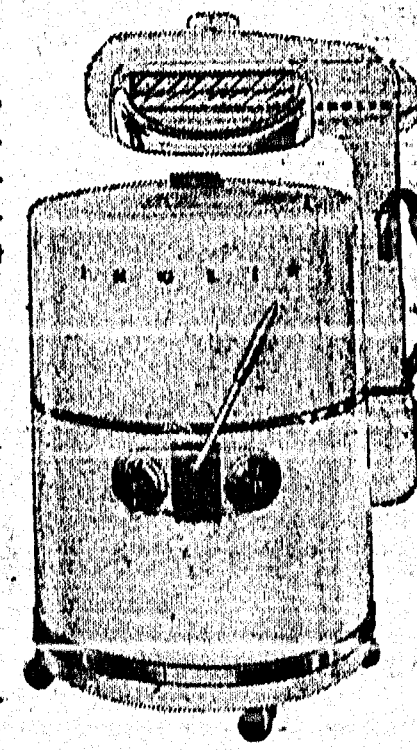
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WAGE-EARNER LIKES UNITED APPEAL



F. H. SUCKLING

The average fellow these days doesn't know where to start and stop with the many, many calls for help by various groups. For that reason I think we all welcome the United Welfare Appeal drive currently being held when we can give one amount to the best of our ability and know that at least all the major agencies get our help, says Mr. Suckling, well-known foreman with Kenyon & Co. in Penticton.

Pledge Generously to the
9 in ONE APPEAL
Penticton and District United Welfare Appeal, all this week!

CITY TO PAY ASSESSMENT COURT OF APPEAL COSTS UNDER PROTEST

New Elevator For Oliver Hospital

OLIVER — Kenyon an Company, Penticton, has been awarded the contract for the construction work of a new elevator in the St. Martin's Hospital here over four other contracting firms. Their contract bid was \$9,978.76, the lowest offered.

Other bids tendered were Navin Construction Co., Vancouver, \$11,195, Columbia Builders, Castlegar, \$11,004, Ward and Son, New Westminster, \$17,530 and Topping and Son, Oliver, \$11,358.

The Otis Elevator Co., Vancouver, will supply and install the automatic elevator and fixtures.

The total cost of \$25,600 for the alteration is met partly by a B.C. provincial grant with the balance found by the Sisters of St. Ann's.

The work will go ahead immediately with no loss of bed accommodation.

The world rice harvest of 1954-55 is exceeded only by the record crop of the previous year.

No Office Space

(Continued from Page One)

with special reference as to whether the city may build a health centre on school grounds.

The school board's proposal that the city carry out a paving program creating a parking lot and paying the balance of the lot would cost a considerable sum to which the board had replied that it may not cost more than \$1,000. Council members suggested that the sum of \$1,000 be paid to the school board in lieu of the suggested paving program, but no final decision on this matter was reached.

Another suggestion by the school board was that the lot in question lying immediately south of Eckhardt avenue opposite Braid street and having a frontage of 180 feet along Eckhardt avenue and a depth of 181 feet be subdivided into two lots, with the easterly lot being utilized for health centre purposes and the westerly lot for school board administration offices, with the city paying the cost of subdivision and registration of plans; title to the westerly lot to be transferred to School District No. 15. No decision on this matter was reached.

Members of the school board left the meeting at 9 p.m., it being intended to obtain an opinion from the department of education as to the status of title on the school site at which time further discussions would be held.

The council authorized Alderman H. G. Garrioch to interview the ministers of health and education at Victoria and obtain permission for the city to construct a health centre on the school site.

Garage Requests Sidewalk Crossing

Request of Legion Motors for a sidewalk crossing, led Mayor Oscar Matson to state that there was provision for it in the construction of the walk in front of these premises, at 564 Main street.

"I know it is there, because I applied for it, and got it," said His Worship, who recalled that he had been the contractor on the building of the original Manery Garage that once occupied this site.

Alderman J. G. Harris said that while the walk is heavy enough, there is no true "cross-walk", but simply an apron in the asphalt. Alderman H. M. Geddes said that the present operator of the premises frequently finds even his normal driveway blocked by parked cars, and that it might be necessary to mark the crosswalk. It was left with the superintendent for study and report.

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Golden Fish 'n' Batter

Heat shortening (it should be at least two inches deep) to 370° in a deep-frying pan. (If a fat thermometer is not available, test fat temperature with a cube of bread—the bread should brown in 60 seconds). Cut 1 pound fillets of any suitable fish into serving sized pieces and sprinkle lightly with salt. Mix and sift into a bowl 1 c. once-sifted pastry flour (or ¾ cup once-sifted all-purpose flour), 1 ½ tps. Magic Baking Powder and ¼ tsp. salt; stir in ¼ c. very cold water and beat until batter is very smooth. Dip fish pieces in batter and then fry in heated shortening, turning once, until golden. Drain thoroughly on absorbent paper, sprinkle lightly with salt and keep hot until all fish has been cooked. Yield—4 servings.



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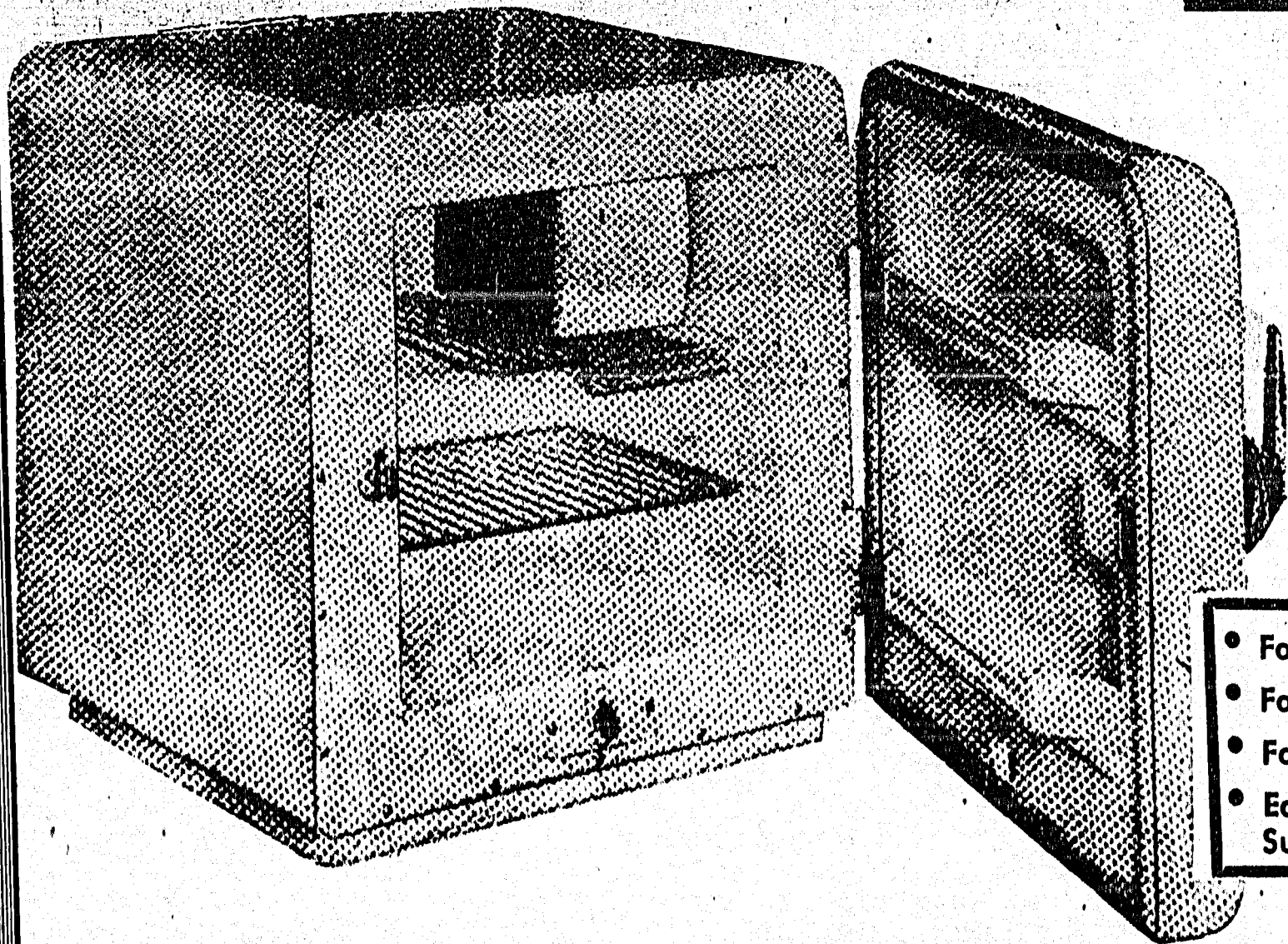
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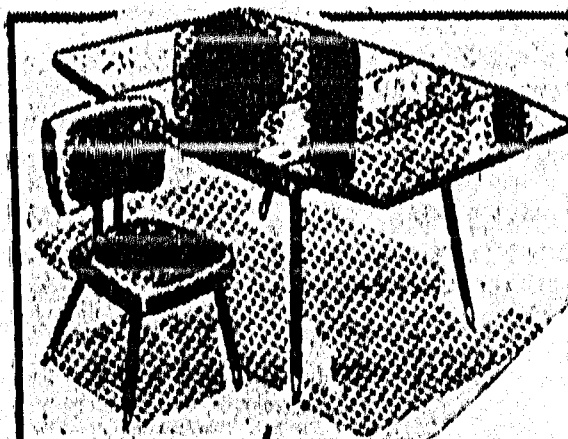
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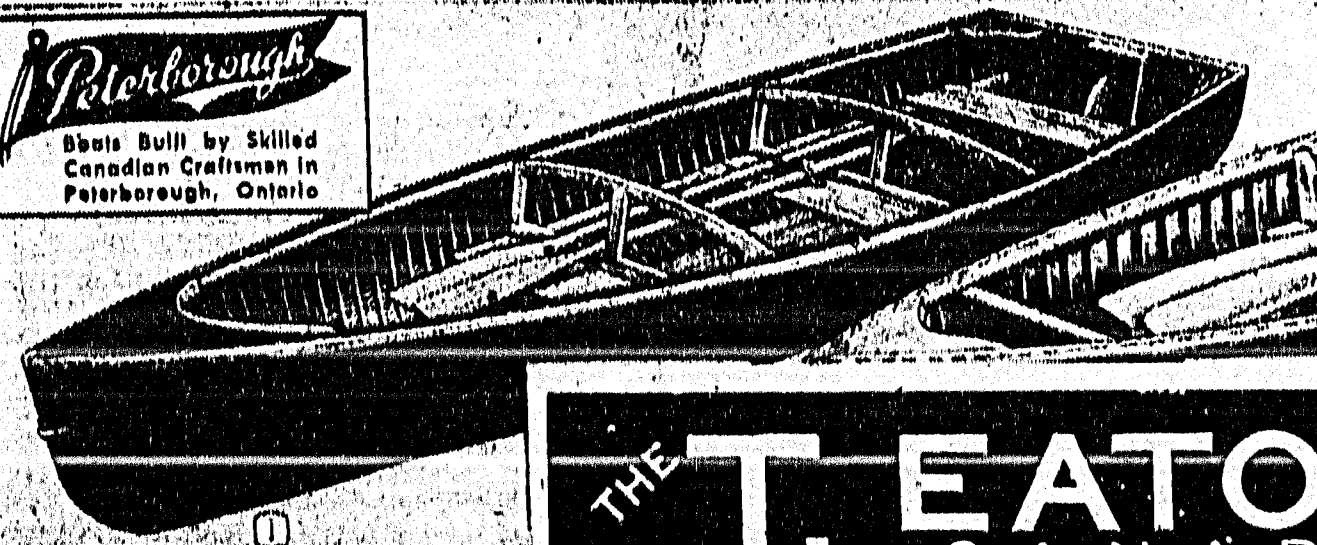
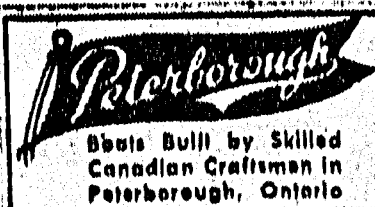
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VOL. XLIV.—No. 515

PENTICTON, B.C., WEDNESDAY, MAY 18, 1955

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Third Of Popular Medical Panel Series Deals With Mind - Body

"The Body and the Mind" was the topic of a medical panel held during the regular meeting of Carmi Avenue School P.T.A. last Thursday.

The panel consisted of Dr.



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W. H. White, moderator, and
Drs. W. A. Wickett, H. Em-
anuele, S. E. M. Sloan, H. B.
McGregor and J. H. Staple-
ton.

Because of wide interest
in the stress and strain of
modern day living, The Her-
ald herewith publishes a
verbatim report of the panel
discussion.

DR. WHITE:

Before we start our panel a
few words of explanation are
necessary. This panel is based on
a panel in Vancouver under the
auspices of the Vancouver Daily
Province and their arrangements
with the British Columbia
Branch of the medical associa-
tion. It is customary in panels
dealing with medical topics to
use material supplied by the B.C.
Medical Association. We have
not had sufficient time to mem-
orize the panel and so I am
afraid most of us will be reading
from copies that we have. I
think you know all the members
of the panel, and I will not take
the time to introduce them to
you. Another word—as you real-
ize in Vancouver it is possible to
call on various specialists to take
the various parts of such a panel.
In Penticton we are all spe-
cialists in everything so we have
to fill in accordingly. Dr. Eman-
uele will take the part of the
general practitioner. Dr. Wickett



DR. W. H. WHITE

the part of the psychiatrist. Dr.
Stapleton the specialist in med-
icine, Dr. Sloan neurologist, and
Dr. McGregor, neurosurgeon.

This panel is to be on the
mind and the body. Tonight we
propose to discuss the relation-
ship that exists between the
mind and the body and with
special emphasis on the question
of what stresses of various kinds
do to our nervous system and to
our body.

First, I should like to point
out that we really have two ner-

(Continued on Page Two)

... OF CABBAGES And KINGS

by
Vince Duggan

"This lousy weather"—"what's
happened to our Okanagan sun-
shine?"—"It must be those
bomb tests"—are comments
heard frequently these days
around Penticton. Is it the
bomb? Nobody knows for sure
but, all same, people are think-
ing. So, this week we're turn-
ing the column over to a cross
section poll of opinion. And this
is what the folks have to say:

William Auty, business manager
—I don't believe any man-made
device can up-
set the weath-
er to that ex-
tent. I was
talking to a
chap the other
day and he
said that if
the bomb
could do it
then we'd be
in a contin-
uous uproar from such things as
hurricanes and tidal waves. I
rather think it's a cycle we're
going through. Arthur Mother-
al—(who classifies himself as
semi-retired)—I'm no scientist
but I know some will agree with
me and hundreds won't. How-
ever, I honestly feel this atom
bomb has had something to do
with the weather during the
past three years. It could have
the effect of making tempera-
tures cooler or making them
warmer. It's been cooler—so
where do we go from here?

Mrs. Dominic Paul—housewife
(who has lived in Penticton for
59 years)—We Indians certainly
feel the bomb has had some-
thing to do with it. I have never
seen a worse spring than this
one. Many calves are dying at
birth and other cattle have too
big heads or short legs. Hugo
Swanson—carpenter—I couldn't
say, but I do know something
has happened. Why, on April 9,
1924, I swam in the irrigation
dam and the water was warm.

Now here it is the middle of
May and you'd have to be one
of those polar bear members be-
fore you'd dare even put a toe
in. Mengia Semadeni—student
—Yes, I think it has, really. The
weather all over the world seems
to be different. I believe that
one disturbance sets off another
chain reaction. The atom bomb
affects the molecules and atoms
and that is what everything is
made of. Stewart Jackson—air-
port manager—It certainly gives
rise to a lot of thought but I
can't see where the explosion
could affect our weather which
is usually determined by condi-
tions in the far north and west.

In California, which is pretty
close to where the bombs are set
off, they are losing crops be-
cause of the drought, while we
are having wet weather. So if
the bomb were to blame why
shouldn't they have rain? How-
ever, I heard just the other day

about a man who made one of
those cloud chambers in which
the air was highly saturated. By
bringing a wrist watch with a
luminous dial near the tumbler
he produced a cloud formation.
So that could explain why we're
not getting much sunshine. Mrs.
J. C. Hembling—housewife—I am
convinced these tests are af-
fecting our weather. I read an
article which said the scientists
warned politicians to stop set-
ting off bombs because they
didn't know its effects. I have
never seen weather like this in
20 years here. My daughter's
birthday is May 13 and we al-
ways depended on sunshine at
that time of year. I have pic-
tures showing her outside in a
summer dress but this year we
had to wear coats. Lilacs are
usually in full bloom by May 12
but this year they were only
tight little buds. I think the
politicians are playing around
like kids with firecrackers. Wil-
liam Marshall—teacher—I don't
see how these bomb tests could
affect the weather. The Nevada
explosions are rather insignifi-
cant compared to the amount of
radiation bombarded on the
earth each day from the sun.

Our weather depends largely on
what happens around the Aleu-
tians, not to the south of us,
which has been the pattern for
years. The bomb's mushroom
cloud goes up some 40,000 feet
but our weather is made at a
higher altitude. Everybody is
human so it's natural to look
around for something to blame.

If the weather had been really
hot early this spring I imagine
some people would have blamed
that on the bomb too. W. L.
Peaker—manager—From obser-
vation I am inclined to feel that
our weather pattern follows re-
lease of the bomb. When they
first set off tests in Nevada I
was in Kelowna and a man said,
"Just wait and see—within three
days our temperatures will fall
by 20 degrees." And sure
enough, we got eight degrees of
frost that took off our cherry
crop. I think if you'll check
back to last May's big frost
you'll find it occurred three days
after an explosion and the same
thing has happened repeatedly.

So for what it's worth, there it
is. William McQuistin—billiard
room operator—Sorry, I am too
busy to think about the weather.
But if you're going to get an
opinion from the people you'll
have to get out and get "attem."
(pun).

It takes a ship 15 hours to sail
through the Suez Canal, between
the Mediterranean and Red Seas.
When the canal was opened, in
1869, the same journey required
48 hours.

Boulevards Not To Be Widened On 50 Foot Streets, Council Rules

Recommendation by E. R. Gay-
fer, city superintendent, that
boulevard-sidewalk legal limits
be extended to 10 feet from lot
line to curb line, did not find fa-
vor with council on Monday
night. Mr. Gayfer suggested
that this idea be adopted on resi-
dential streets, where there is
not much traffic, as it would en-
able a three-and-a-half to four
foot park-like strip between the
sidewalk and traffic lane.

Council pointed out that doing
this on a 50 foot street would
limit the traffic lane to 30 feet,
and that deducting the 16 feet
required for cars parked on op-
posite sides would not leave suf-
ficient room for two cars to pass
safely, if at all. They expressed
full agreement with this idea on
60 foot residential streets.

However, it was agreed that
the whole policy should be con-
sidered as part and parcel of the
town planning and zoning pro-
visions that council is now work-
ing with.

Alderman H. M. Geddes was
asked about the extremely wide
boulevards being allowed on 80
foot streets, where the traffic
lane is no wider than on 60 foot
streets. Replying, Alderman
Geddes said, "the idea is to keep
this extra within boulevards un-
til it is required, and then to
narrow the boulevards down to
provide the required traffic
ways."

A baby will consume 515
pounds of food in its first year
at an approximate cost of \$120.

Large Attendance At SPCA Meeting

More than 50 including the
primary and junior classes were
present at the general meeting
of the SPCA held last Wednes-
day in the Red Cross Centre.

Three new members joined the
primary group.

Secretary Mrs. M. E. Carter
read correspondence from the
Royal SPCA, of London, Eng-
land, and also from Frank Rich-
ter, M.L.A. regarding animal
slaughter for food consumption.

The letters were ordered tabled
for the present.

The inspector told of investi-
gating a case at Okanagan Falls
and finding a horse in a deplorable
condition and also checking
a complaint on the brutal treat-
ment of pigs. He disclosed that
four dogs have been brutally
killed and the local SPCA branch
is offering a \$25 reward for con-
viction of the person or persons
responsible.

Mrs. Carter, convener for the
annual "Pre-Christmas Activity
Bazaar," distributed articles to
the members to complete for the
winter event and reported that
plans are progressing very favor-
ably for their fund raising
venture.

Members were reminded to
keep their rummage for the ba-
zaar and anyone having suitable
articles are to contact 3668 and
arrangements will be made to
collect them.

H. Black, SPCA representative to
the United Welfare Appeal,
outlined plans for the campaign.

Lutheran Rally To Be Held Here On Victoria Day

Lutheran young people's so-
ciety of Concordia Lutheran
Church, Penticton, will be hosts
to the annual Okanagan zone
Walther League spring rally to
be held on Monday, May 23 in
the IOOF hall, Penticton. Rev.
C. F. Baase, New Westminster,
will be guest speaker.

Beginning at 11 a.m. with the
opening service, the day will be
one which is both instructive
and enjoyable. Educational pro-
gram includes "Lutheran by
Conviction" by Rev. Baase; Bi-
ble study given by Rev. A. F.
Rehner, Oliver, and closing de-
votion conducted by Rev. W.
Wachlin, Kelowna.

Highlight of recreational
portion of schedule will be the
banquet at 6 p.m. with Vicar Walter
Krenz of Kamloops as master
of ceremonies.

Representatives from Kam-
loops, Vernon, Kelowna, Sum-
merland, Oliver, and Penticton,
as well as a representative of
the Fraser Valley zone, are ex-
pected to attend.

SUMMERLAND—B. A. Ting-
ley, secretary-treasurer of Sum-
merland school board, and W. A.
Laidlaw, chairman of the finance
committee, attended the regional
secretary-treasurers' confer-
ence held at Penticton on Mon-
day.

Curly Says...



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stops telling
her age when
her age starts
telling on
her.

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missible under the new code, it
was stated.



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DRY SLABS—2 cord load	\$15.00
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IF IT'S new... IF IT'S nice... IT'S AT NEVE-NEWTON'S

City Doctors Hold Medical Panel On 'The Body And The Mind'

(Continued from Page One)

vous systems. One is called the central nervous system and consists of the brain and spinal cord. From various places on both the brain and the spinal cord, transmitting nerves go out and receiving nerves come in. Ordinarily there are many transmitting and receiving nerves gathered together in a single bundle and wrapped with insulation in much the same way as a telephone cable. The whole central nervous system may be thought of as a vast telephone network with the brain as the central control room, receiving messages from the outside.

The main receiving mechanisms are the eye, the ear, the nose, the skin, as well as a few less important structures. In response to incoming sensations that part of the brain which can be referred to as the central control station may send out messages or impulses to various parts of the body. Situated a little above this central control station is that part of the brain which is concerned with thinking. This part of the brain may be active without messages coming from the outside, and much thinking may go on without any messages being sent to other parts of the body. This is the part of the brain which is developed in man to a higher degree than in any other animal.

The second system to which I referred a minute ago is called the autonomic system. It might well be called the automatic nervous system. It takes care of the ordinary things of life. It regulates the action of the heart, breathing, digestion, flushing and sweating. It acts like a thermostat for the body temperature and keeps the body comfortable generally. Consequently, I would emphasize to you that the organs and systems which are controlled by the autonomic nervous system are those organs and systems which give us the most trouble when we come under stress.

The diseases that may beset the nervous system are basically the same as those which beset other parts of the body, that is, inflammation, clots, and other troubles with blood vessels, tumors, and various kinds of degenerative changes that take place with advancing age. Now, in addition to these types of disorder, there is an additional and very important one pertaining to the nervous system. Because our nervous system is the seat of our thoughts and emotions, disorders in these two fields are classed as psychiatric, derived from the word "psyche" meaning the mind and the "iatric" part means "treating." At this point, I should like to define one or two terms that we shall be hearing in tonight's discussion. The word "organic" refers to disease and refers to those diseases in which there are structural changes.

The word "functional" is somewhat the opposite of this and is applied to those diseases, better called disorders, in which there is no structural change but symptoms result from alteration away from the normal function of the part involved. The word "stress" will be used in a very general sense as implying anything which puts an extra burden upon our mind or our body, as pressure or strain which makes a demand upon our energy to counteract it.

The psychiatrist is first a doctor with a degree of M.D. who later, with extra training and experience, has become a specialist in disorders of the mind or the emotions, and consequently also of the multitude of physical symptoms that arise from disorders of the mind or emotions. . . . and you will hear more of this later this evening. A neurologist is a specialist in the organic diseases of the nervous system. A neurosurgeon is a neurologist who carries out surgery on the nervous system.

Dr. Emanuele, as a general practitioner you will see a great variety of patients. You're the first one to see them and you should lead off. Would you care to open the discussion on the subject of "Mind and Body"?

DR. EMANUELE:
My position on this stage is, in real life, strictly as a general practitioner of medicine. The general practitioner is the man to whom the majority of sick people go first, when they do not feel well. He is competent to diagnose and treat the great bulk of the ailments that afflict those who come to him. When he finds a condition that requires greater skill and training than he has been able to acquire, he calls in consultants who can help him in his difficulties and whose help will ensure a more speedy recovery for the patient.

This audience, a cross-section of the general public, is therefore meeting the general practitioner first, as is quite right and proper, and he will do his best to give you sound advice, as far as he is able. Then, in accordance with good practice, he will turn you over to the specialist for more advanced and specific details about the nervous system, which

is our theme for tonight, and of whose ailments the general practitioner sees a good deal from time to time.

DR. WHITE:
How would you classify the sickness you see, from the point of view of this evening's discussion?

DR. EMANUELE:
As Dr. White has already told you, our nervous systems play a very large part in our life, whether we are sick or well. This is inevitable, since our nervous system is our means of communication with the outside world, and with all the people around us, and so is affected by everything and everybody with whom we come in contact.

We doctors, in dealing with sick people, must always consider two things. . . . first, the effect of their sickness on their nervous system, and secondly, and just as important, the effect of their nervous system on their sickness. Perhaps I had better explain. There are two main types of disease. The first is organic disease, where one or more organs, or the whole body, are actually diseased, and the disease can be demonstrated by physical examination. . . . where there are actual and visible changes in the structure of the body caused by the disease. Such are heart disease, pneumonia, diabetes, appendicitis, and so on.

Such diseases are never caused by the action of the nervous system, though they may and do affect it secondarily. They are actual organic diseases, and produce organic changes. They are treated in various ways. . . . by medicine, surgery, and so on. Of course, we can have organic disease of the nervous system, too. . . . such as brain tumor, meningitis, etc., but these are still organic diseases.

The other main type of disease is what we call "functional" disease. This is where for some rea-



DR. H. EMANUELE

son the body . . . and especially the nervous system . . . is not working, or functioning, properly, and where generally we cannot find an organic cause, or demonstrate organic change. . . . though there is usually some degree of organic change mixed up with it, sooner or later. This functional disease is very often related very closely to our nervous system. In fact, it is usually the result of our nervous system not working properly.

DR. WHITE:
Do you see very many of this type of case?

DR. EMANUELE:
Such patients very often come to see a general practitioner. In fact, it is calculated that a large proportion of these patients have some functional disorder, and he must be on his toes and alert to recognize the presence of this type of sickness. When we examine and find no signs of organic disease, we must think next of the possibility of functional disease, and be prepared to deal with it.

This is not always easy. In fact, it is much harder to recognize functional disease than it is to recognize an organic condition, and often takes quite a while. If we do decide that there is a functional cause for the patient's complaint, we can, in a great many cases, do a good deal to help, by patience, sympathy, and consideration. If we feel, however, that we have come up against something that is too big for us, and that requires specialized care, we call in help from men like your other speaker tonight, who have made a special study of the nervous system.

DR. WHITE:
Now suppose we do call for consultation at this point. Dr. Wickett is a psychiatrist. There are many of you here who have remarked, or your friends have remarked, that one searching look from a psychiatrist and your soul was laid bare. Nothing could be further from the truth. The psychiatrist uses a method of examination often detailed and time-consuming. The assessment of personality is usually an important part of his examination. Now, Dr. Wickett, what can you tell us about that?

DR. WICKETT:
Personality may be thought of as the way in which a person behaves, especially in his rela-



DR. W. A. WICKETT

tionship to others. It is a little more than character and applies particularly as to how he gets along with other people. His personality is the result of all the experiences he has had throughout life. As a child grows, he builds up a feeling of confidence and security, or at least he should. This confidence or feeling of security is often disturbed by things that occur in his life.

The child needs someone to model himself after and this is usually the parent who should have a genuine interest and affection for the child. If the parent is lost through death or divorce, it is usually very disturbing for the child. As a result of this the child may be deprived of affection or he may be smothered with attention from the remaining parent. Often the parent being over-concerned disturbs the child by not permitting him to participate in the usual experiences in which he should participate.

Sickness in the child may make the parent overly anxious and this over-anxiety may again deprive the child of the advantages and experiences that he would have had, had he not been ill. As he is ill, he has to be treated in a special manner, and usually this is not a manner that gives him confidence in dealing with situations in later life. Sometime ago, for example, I saw a boy of about eight years whose parents were quarrelling a lot. In fact the father had moved out of the home and when he came home he was usually critical of the boy's actions and chided him for being a sissy, and so on. The mother, in turn, tried to make up for what the child missed from the father, and in a loud voice that the child could not help hearing she referred to him as "such a brave little man", etc.

Her anxiety was further shown by her over-concern about his health, and the boy's bedroom looked like a drug store with medicines, nose and throat sprays, thermometers, hot water bags and so on. For a very minor illness he was being treated like a serious invalid, and the constant talking about how good and brave he was in his illness. I believe that the child was getting so much attention and interest from his mother because of his illness that he would be reluctant to give the illness up, and so he might become the type of person who values ill health as a means of getting a lot of attention from the mother or in later life the mother substitute. This frequently results in him being disappointed in not receiving similar attention from his wife.

In general then, the person who develops a nervousness is usually a person who has had something disturb him in his early life so that he has not developed a confident attitude.

DR. WHITE:
What type of person is likely to develop nervousness?

DR. WICKETT:
Because of the childhood disturbances, he is often a very special type of individual. In order to make up for his feeling of lack of confidence, he often develops a high intelligence. It is a common story to hear that these patients frequently have headed their classes in school. In addition to this they usually are highly imaginative and are people who typically cross their bridges before they come to them.

They also develop an attitude of having to do things in a very perfect manner. The housewife may need things to be kept so spotless that no one could criticize her. These people usually rush at things and must get them done in a hurry. Generally speaking, they have difficulty in accepting criticism and may tend to brood over things that have been said to them over a long period of time. With this type of personality, and with the response that the individual shows, it is natural that he often does very good work over a period of time. In general they are people who look after details well but may be a little too anxious about having every detail attended to. It may be difficult for them to see the woods because of the trees, but nevertheless they are dependable people who do well under the direction and

guidance of someone else.

DR. WHITE:
Dr. Emanuele, we have been talking about stress as a cause of nervous or functional illness. Could you explain just what you mean by the word "stress", as we use it in medicine?

DR. EMANUELE:
By "stress" we mean the pressure of life, or circumstances, on the mind and so on the body of the human being. We are subject to stresses of one kind or another every minute of our waking day. Most of these we can handle readily, and they do us no harm. But if these stresses are too severe, or too long continued, they become "strains". They can be very dangerous to our health and well-being. If they are beyond our power to deal with successfully, they are a serious matter.

Strain is very hard on your nervous system, and through the nervous system on your body as a whole. The strain of modern life, especially under modern conditions of living, with its hurry and pressure and noise, is often very severe. The strains of family life, of social life, of work under modern conditions, all these tell on your health, through their effect on your nervous system.

DR. WHITE:
ways in which the mind meets strain. How does the body meet strain?

DR. EMANUELE:
You have probably all heard of the wonder drug, cortisone. This is produced in your body by a small gland, or rather two of them, called the suprarenals, because they are situated just above the kidneys. This is an amazing pair of glands, and their business is to protect you against stress and strain by producing cortisone and pumping it into your bloodstream when you are under strain of any kind. For instance, when you have to face a sudden emergency, such as danger, when you have to undergo an operation and so on. But if it is called on too often or for too long a time, this gland begins to fail in the production of cortisone, and there is a flock of disorders which follow an insufficiency of cortisone.

Where none is produced, we get utter prostration. . . . where the supply is impaired for a long time, we have such things as rheumatoid arthritis, asthma, skin diseases of various kinds, and so on. So it is important to avoid prolonged strains and stresses, and to maintain our supply of cortisone. All the strains referred to, worry and anxiety, make demands upon these glands and drain them of cortisone. Worry and anxiety, too, over long periods, affect the body organically, lead to arterial tension, with its consequences.

DR. WHITE:
Now, Dr. Wickett, may we have your views on stress and strain?

DR. WICKETT:

The time may come when one has to undergo more strain than usual. This strain may be physical or emotional. For example, the woman who has repeated pregnancies without time to recover may find the care of the many children a source of strain with which she has difficulty in coping.

Here is an example. A woman had had six children before she was 30. They had come close together. Her rest had been disturbed over several years. . . . the children had been ill and she found that she had become tired, irritable, weepy and frightened. She developed fears that she might harm her husband and children and her fears aggravated her trouble with sleeping. In fact, she had most of the symptoms that are usually thought of as being associated with the so-called nervous breakdown.

An illness, an operation of an emotional problem may be sufficient to set the symptoms in motion. The woman who feels that she is not liked by her in-laws, who feels that people do not like her or who is having trouble with her husband may show symptoms. Another thing that is often disturbing to people is a financial problem, and the person who is in debt with a lot of difficulty in adjusting to his financial situation is, of course, under strain.

DR. WHITE:
At this point, I would like to ask Dr. Stapleton to describe, from his standpoint, as a specialist in medical diseases, how or in what manner stress and strain have affected some of the patients he has seen.

DR. STAPLETON:
It is not generally appreciated that powerful emotions acting in the nervous system can give rise to symptoms in many other organs, such as the heart, bowels, etc. One of the first to appreciate this fact was an American doctor in the Civil War over 90 years ago, who described palpitation and chest pain in association with sweating, occurring in individuals who were subjected to much apprehension, fear and anxiety, particularly in battle. Emotions such as these are today responsible for a great number of the symptoms which people complain of with regard to their heart.

A person I know was attending a board meeting for the first time and the chairman was calling for opinions around the table on the matter under discussion. As his turn approached, he noted that his heart was beating extremely rapidly at about 180 beats per minute, as opposed to the normal of 60-80. As soon as his opinion had been given he noted that there was a very prompt reversal to the normal rate. This person had no heart disease but he was most certainly aware of a most uncomfortable

sensation associated with this heart beat. It was entirely due to nervous stimulation of the heart in association with the anxiety.

DR. WHITE:
That certainly sounds quite cut and dried, Dr. Stapleton, and a pulse rate of 180 gives you a figure with which to back up your statements. Now I'm wondering about purely imaginary ailments, Dr. Emanuele.

DR. EMANUELE:
People are often afraid to confess their fears to a doctor. They think he may laugh at them, may shrug off their complaints as unreal and imaginary. . . . that if he does not find any organic disease, he may accuse them of malingering or imagining that they are sick when there is nothing the matter with them.

Only a very foolish or inexperienced doctor would do this. There is no such thing as imaginary disease. You may be suffering from organic disease, or from a functional disease, with little or no organic signs, but in either case, you are still sick. It is the doctor's duty to find out what kind of sickness you have, and set about removing the cause, and treating it, whether you are suffering from an acute appendix or an acute anxiety complex. Each of these is serious, and needs treatment. Perhaps it will be necessary for him to get help from a psychiatrist, or other medical men, or nurses or hospitals. But in any case, he is treating a sick person.

DR. WHITE:
Dr. Stapleton, will you tell us some of the other ways in which people react to stress?

DR. STAPLETON:
The heart is not the only organ which is affected by stimuli such as this. Everybody is familiar with the frequent call to urination which is associated with

periods of worry, fear and anxiety. This does not indicate that there is any disease of the kidney or bladder, but it is due to nervous stimulation causing the

bladder to contract, so that its capacity is not as great as under normal circumstances. Similarly, the bowels can be affected by emotions and nervous activity. When an unpleasant situation continues to exist for a long period of time there is often resultant stimulation of the bowels for a prolonged period particularly in an individual who is very sensitive about bowel habits. Chronic diarrhoea, or even constipation, may exist. In association with these there are often crampy pains in the lower abdomen.

These signs and symptoms do not indicate any disease in the bowel itself, but they are again indicative of over-stimulation of the bowel by the nervous system. The stomach is very strongly affected by nervous stimulation.

I know of a couple who recently built a house. They had considerable trouble with the foundation and there was a great deal of anxiety as to whether the building requirements would be met. This resulted in both of them developing painful cramps in the stomach every time they went to inspect the house. They had no disease of the stomach or bowels. Their nervous systems were over-activated and there was much stimulation of the bowel, which resulted in the production of their symptoms.

Everybody has heard of ulcers. The cause of ulcers, however, is not entirely clear but what is

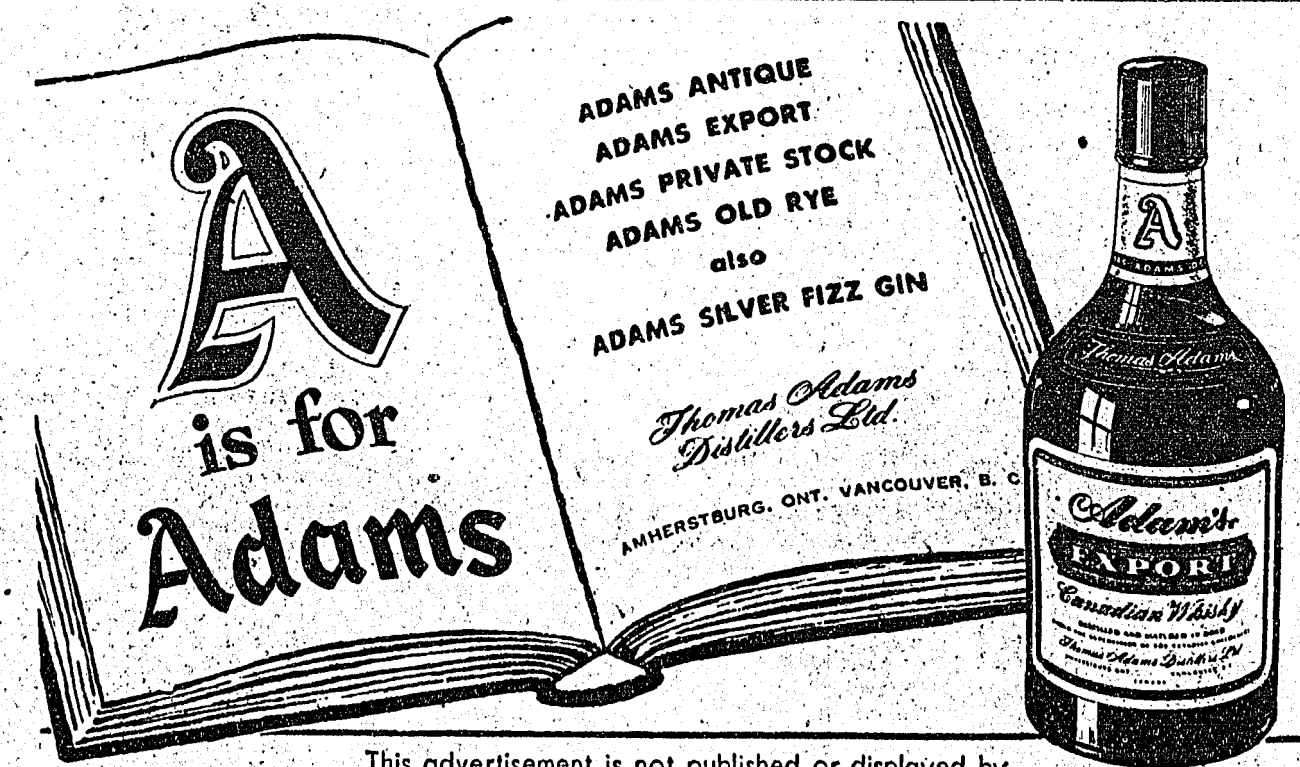
Everyone is aware of how an unpleasant association can completely remove one's appetite. Most people are also aware of a painful burning sensation in the pit of the stomach which is associated with periods of intense fear or anxiety. These feelings can exist over a much longer period as a result of a continued unpleasant experience. Those changes call forth very definite alterations in the blood supply to the stomach.

This was observed over a hundred years ago as the result of a gunshot wound of the stomach in a Canadian trapper called Alexis St. Martin. The doctor was able, over a period of several years, to observe the lining of his stomach through the opening left by the gunshot wound. The changes seen by him have been observed many times since. Rage, fear and other emotions will frequently result in a marked flushing or blanching of the lining of the stomach due to change in its blood supply. All these changes are associated with symptoms referable to the stomach when it is obviously not the stomach which is at fault. . . . it is reacting in a perfectly normal way to the influences which affect it.

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Continued from Page 2

known is that the type of person who has them is constantly tense, nervous and anxious. It is certain that the nervous influences which affect the stomach play a very large part in the development of ulcers in an individual who is predisposed to them.

There is another very common symptom which is complained of, particularly by people who are under great duress, and this is numbness and tingling of the hands, feet, lips and a peculiar lightheaded sensation which is often described as dizziness. This occurs when unconsciously they breathe very rapidly for a short period. This causes chemical changes in the blood due to the fact that they blow off a lot of carbon dioxide in the period of rapid breathing. The change in the blood is capable of stimulating the nerve endings which give the sensation of pins and needles. All these changes which I have described produce very real symptoms, yet they do not indicate any disease at all. I have said that they are produced in a large measure by stimulation of what is called the autonomic nervous system. This is closely controlled by emotional states.

DR. WHITE: Your mention of emotional states, Dr. Stapleton, suggests to me that we might be more specific about these. The first to come to my mind is fear. Dr. Emanuele, have you some views on this?

DR. EMANUELE: The average patient, whether he or she realizes it or not, is willing, or unwilling to confess it, is more or less afraid. There is, and naturally so, always this element of fear, sometimes well-controlled, sometimes serious to the point of demoralization. This is especially true of nervous ailments.

To begin with, fear is not always a bad thing. It is one of nature's protective mechanisms. Fear makes you careful. It often keeps you out of trouble and makes you seek help when you need it. Fear stimulates the protective machinery of the body, and arouses you to the necessity to defend yourself, and take care of yourself. So do not be afraid to be afraid in reason. And do not disregard your fears. Go and find out if they are justified.

There are other fears, and degrees of fear, which may be harmful and lead to trouble. Many of these we see daily. Fear of financial insecurity, fear of unemployment, fear of old age, fear of ill-health, fear of cancer. These are all crippling forms of fear and lead many people to the doctor's office, though generally the patient does not realize how big a part simple fear is playing in his or her complaints. The doctor must be on the lookout for this factor, and can do a lot to help, if the patient co-operates by frankness. Tell your doctor your fears. Do not hesitate or be ashamed to do so. You very often find that the very telling of these things will enable him to help you. Fear can demoralize you, make you unable to sleep, and make you lose weight and appetite. Phenobarb tablets, tonics and the like will not cure you.

A great deal of fear is based on ignorance . . . not knowing what is the matter. Very often a frank discussion, after, of course, a thorough examination, will remove a great deal of your fears, and you will go away from the doctor's office much happier than when you came to it.

DR. WHITE: The fear reaction Dr. Emanuele has spoken of is an emotional state. But it sets into motion various chemical and other mechanisms that bring about the bodily changes we have been talking about. Dr. Stapleton, can you clarify this?

DR. STAPLETON: There is one way by which all these changes can be brought about. Most of you will be familiar with the rather unpleasant sensation which occurs when a dentist gives a local anesthetic to freeze one's jaw. There is a material called adrenalin given in association with the freezing agent and this can cause palpitations, burning sensations in the bowel, and a sensation of wishing to empty the bladder, many of the changes which I have described before.

When an individual is subjected to a sudden stress, be it injury or marked fear, the nervous system causes a rapid release of adrenalin from the central part of the adrenal gland in the back. This produces exactly the same symptoms as adrenalin which the dentist injects. It causes a powerful contraction of the blood vessels. You are all familiar with the marked blanching of the face in association with a sudden shock, either physical or emotional. This is due to adrenalin. The two things I have mentioned, then . . . excessive action of the autonomic nervous system and release of adrenalin, are responsible for many symptoms referable to practically all the organs in the body.

DR. WHITE: Do people often tell you they are afraid themselves that these

symptoms are imaginary, Dr. Stapleton?

DR. STAPLETON: Yes, sometimes they do, but it is important to realize that these symptoms are very real. They are not imagined but they are produced entirely by over-activity of the nervous system and do not indicate any disease of the organs themselves.

There are a number of diseases whose causes are not clearly known. But it is certainly known that in these individuals over-activity of the nervous system plays a large part in the development of the disease. An example of such a disease is high blood pressure. Nervous stimulation and adrenalin will cause a rise in the blood pressure. When an individual is under great tension, both these things happen. It may be that prolonged stimulation of the nervous system results in a temporary elevation of the blood pressure becoming more permanent. Certainly relief of tension will help to lower the blood pressure considerably. This is obviously of very great importance in the treatment of the disease when it already exists. In addition, many types of rheumatism bear a distinct relationship to nervous stress and the conditions are frequently made worse by anxiety and tension.

DR. WHITE: I am sure that with these various bodily disturbances that you have described, there must be some purely psychological changes as well. I suppose there would be changes in mood. Dr. Wickett, I feel certain that you would have something to say about this.

DR. WICKETT: When people begin to feel that they are under stress they usually become aware of disturbances both in body and mood. The bodily disturbances are those that are associated with disturbances of the autonomic nervous system, disturbances of things that usually operate automatically like the stomach, bowels, heart, breathing, etc. There may be blushing and many other symptoms. Pressure feelings in the back of the head and neck or throughout the head are very common.

The moods are quite characteristic. The patient frequently feels mildly frightened, irritable and blue. When one sees the body and mood disturbance in the patient, there is usually a disturbance of sleep. This is manifest usually in two ways: (a) by difficulty in getting to sleep or (b) waking somewhere between two and four and then having difficulty in getting back to sleep, or sleeping lightly for the remainder of the night. As a result of this disturbed sleep, the patient is usually tired and especially so in the morning. Oddly enough, they often feel at their best about the time that they should be going to bed.

Because of the fatigue they have difficulty with attention, difficulty with memory and difficulty with concentration and quite naturally in one of this disturbed state it is the usual thing for the attention to turn on oneself. This should not be regarded as selfishness on the patient's part but as an indication that the patient is in a disturbed state and is very conscious of the things that are happening in his body. As mentioned before, fears become prominent and the fear of harming himself or someone else or doing something absurd or objectionable is not unusual. These are some of the many symptoms that are often referred to as nervousness, or the nervous breakdown.

Actually, all of us have felt most of these symptoms at times. These symptoms are due to the body getting ready for action, and when the person is disturbed he gets ready to fight the thing that is disturbing him or to run from it. It is this bodily preparation for action that the patient experiences as symptoms and yet is unable to fight them or run from the thing that disturbs him. Frequently he is not conscious of the thing that is disturbing him as he has been successful in pushing it out of his mind. This is sometimes referred to as pushing it into his unconscious or subconscious mind.

I feel it should be remarked that it is good business to meet one's problems "head on" rather than by trying to forget about them or to develop some method whereby one does not think of the situation. Don't sweep the dirt under the carpet. Look at the problem squarely and decide what can be done about it, if anything.

DR. WHITE: As Hamlet said "Tis a consummation devoutly to be wished", and Hamlet was the very one who couldn't do it. However, since Hamlet's time, we have made some progress, and I would ask you, Dr. Sloan, to summarize some of this for us.

DR. SLOAN: Eighty years ago a doctor in Liverpool discovered that the brain had an electrical activity of its own. Gradually, over the years, it has been found that this electrical activity reflects the

state of health of the billions of nerve cells which make up the human brain.

When a bright light is flashed in one's eyes, that part of the brain which looks after vision becomes very active. When complex mathematical problems are being solved, the brain waves are temporarily changed.

When one is asleep the electrical waves which can be recorded from the brain are different again. With sleep, there is a decrease, but not a total absence,



DR. S. E. M. SLOAN

of activity within the nerve cells. Shortly before World War II doctors devised electrical methods for locating foreign bodies, such as brain tumors or brain abscesses, within the skull. During the war great advances were made in the study of the brain waves in cases of head injury, from gunshot wounds or from aircraft crashes, and so on. Through a study of brain waves, it is now possible to describe in scientific terms the disease known since ancient times as "epilepsy".

Hippocrates, the father of medicine, believed at first that a man having epileptic seizure . . . that is, a fit or convulsion . . . was possessed of an evil spirit. But one day he saw one of the goats in his little island of Cos having an epileptic seizure and he promptly abandoned his theory of devils. He said that there must be something within the goat's brain causing the trouble. Modern electronic machines have proven this to be so, and today no one regards epilepsy as a mental disease.

The causes of epilepsy are many. In children: one thinks of a possible birth injury or of a brain infection. In the group aged fifteen to twenty-five one thinks of head injuries, as flaming youth transports itself with more speed than direction. In later life, the possibility of a brain tumor causing seizures is in every doctor's mind. In the older age group still, the problem of the hardening of the arteries of the brain is ever-present. These are but the broad outlines of the possible causes of seizures. There are many more, of course. One of the great triumphs of modern medicine has been the development of remedies for epilepsy. Each drug has its strong points and its weaknesses, but medication has made it possible for large numbers of epileptics to lead normal lives. It is obvious that even well-controlled epileptic patients should not be in charge of dangerous machinery or work in hazardous occupations.

DR. WHITE: Well, now that Dr. Sloan has opened up the discussion along lines of brain function, let us hear from Dr. McGregor. As a neurosurgeon he ought to have some interesting ideas on brain function.

DR. MCGREGOR: The brain is a very complicated organ of the body which operates in many complex ways. Let's compare it with a large garage for the service and maintenance of automobiles. In this garage there are certain departments or floor areas set aside for maintaining the various parts of the cars, one for repairing brakes, and still another for changing oil. So in the brain there is an area set aside for the function of sight, another for the sense of smell and taste, and still another for the appreciation of hearing.

In the middle of one side of the brain there is a large "department" of the brain that controls movement of the one side of the body and near it an area receiving all the sensations from the same side of the body. When disease involves the brain it often affects only one part of the brain. If we return to the simile of the large garage, we might have the problems of a fuse blown, so that the lights would go out, in say, the grease rack. This might put the grease rack into complete darkness and as a consequence no work could be done, but the windows might cast enough light for a small amount of poor work. In the brain this is comparable to a stroke, with resulting paralysis, or only a weakness of one side.

Suppose the fuse blows in the generator shop. Here the loss of light causes more of a disruption of work. We can compare this

with a partial loss of vision or possibly the onset of double vision. The "power lines" supplying the various "shops" of the brain are the blood vessels. Other diseases, like infections or tumors, might be compared to a fire in one of the shops, which only affects the local department but if not controlled immediately, endangers the entire garage. Thus a tumor, an abscess or an infection in the brain often requires emergency treatment.

There are many less dramatic and more chronic diseases, such as multiple sclerosis, which might be compared to recurrent labor problems in the garage, but time does not allow us to discuss multiple sclerosis tonight. Thus far we have referred to the so-called working or productive areas of the brain. Now let us think of an inter-communication system in our garage, which connects all the various shops to the manager's office, so that he has constant knowledge of the work going on at all times.

Now, the success of this garage will eventually depend on the manager. He may be a competent and reliable man, or he may be lacking in control. He may remain in his office confident that things are running smoothly, or he may restlessly rush from one department to another, all the time worried and harassed about the entire organization. The "manager" can be compared to the "you" of your personality. You are therefore dependent on the various parts of your brain to serve you in performing functions of vision, hearing, smelling, tasting, etc., also to maintain balance and carefully performed movements . . . but all of these functions are indirectly under the control of your personality.

DR. WHITE: While we are on the subject of the brain itself, I would like to ask Dr. Sloan to discuss the common reaction of the brain to stress . . . in other words . . . headache.

DR. SLOAN: There are many causes of headache, as everyone knows. Some arise from tension of the muscle layers outside the skull, as in certain kinds of "eye strain". But most headaches are felt as pains within the skull. The brain, providentially, is cushioned from outside damage by a remarkable fluid shock-absorber. The fluid is contained by the meninges, a series of envelopes with long Latin names. The outermost envelope is sensitive to stretching in any direction, and it is thought today that most headaches have this sensitivity to mechanical stretching as their basis or common denominator. Obviously, any great change in the volume of blood circulating in the brain may be reflected in the tension of these membranes. We must remember that 40 per cent of all the blood pumped by the heart goes to nourish the brain. Thus,

a blow to one's head, or a blow to one's pride, may have equally painful results in the form of a headache. The emotional reaction of the person under stress may produce just as incapacitating a headache in that person as a wooden bat might produce in a baseball player from contact with his skull.

There would, of course, be the obvious difference, that the baseball player's headache would be comparatively short-lived, while the high-strung patient's headache would recur with every emotional strain unless suitable medical treatment were provided or until the basic emotional problem was solved.

Now, some people eat too much. Others eat too little, for a variety of reasons. In each case, headaches may ensue. They may reflect stubborn constipation, or, alternately, low blood sugar. Some people suffer from sinus trouble and have pains of real severity about the skull. Whatever the setting, a diagnosis based on fact is the only sound basis for treatment. The fact may be worry or anxiety; few people escape it in this world. The point is that anxiety is as much a fact in some lives as a blow on the head with a baseball bat would be. It is also much more common, so much so that we frequently forget about its potent effect on people. So we may say, in summary, that headache is not a disease, but a symptom. The removal of the cause is the aim of good medicine.

DR. WHITE: I notice that you dealt mainly with headaches that we would call functional and thus are a stress reaction. Now there is a headache, often accompanied by other symptoms, that is partly a stress reaction, and partly something else, and I'm going to ask Dr. McGregor to enlarge on this a little.

DR. MCGREGOR: Frequently we encounter the problems of the patient who has suffered a minor head injury . . . often without loss of consciousness . . . who suffers from residual headaches. These headaches are not infrequently accompanied by dizziness and a feeling of fatigue with inability to concentrate. On examination, there are usually no signs of any disability or disease, but there is very obvious evidence of nervous tension and anxiety. This anxiety is shown as insomnia or difficulty in sleeping, restless dreams or night terrors. Usually our patient is irritable at home and has cold moist hands and feet. Such patients usually have been more insulted or frightened by their accident than injured physically. However, in attempting to manage the problem of their insult or fear, they have had to handle the problem with a temporarily sluggish brain. They have found their faculties of concentration, memory and attentiveness to be somewhat re-

duced. Their tolerance is low for minor irritations, noise or the bickering of their children. This situation naturally alarms them, and they develop fears of inadequacy and incompetence. We know that after a minor head injury in which consciousness is momentarily lost . . . the condition we call concussion . . . that for a short period thereafter there is a reduced efficiency of the brain's function. This might be compared to the short period thereafter of lost efficiency of the brain after a Saturday night party or binge, and we also know

that the period of reduced efficiency is short and that complete recovery will occur. However, following the head injury on attempting to cope with the problems of fright, panic, resentment or hostile feelings and minor irritations, our patient finds his memory is poor, his concentration power reduced, or that he or she feels like crying for no adequate reason. This is alarming and he becomes anxious. The anxiety has a tendency to persist much longer than the cause, and it is this anxiety which creates the group of problems of headaches, dizziness, loss of appetite, cold hands and feet, insomnia and irritability.

We now know that the patient, who is told to anticipate or expect a short period of reduced thinking capacity, will not be surprised and frightened when he encounters it, and will not become anxious, if he knows his normal faculties will return in due time.

DR. WHITE: The subject of headache is such an important one, that I'm going to pass it back to Dr. Sloan.

DR. SLOAN: There is a type of headache, known as migraine, which is a disease in itself. It may be worth spending a few minutes on it because it is so disabling to those suffering from it. Migraine is one of the oldest diseases known.

The ancients spoke of "hemigrania", referring to its tendency to affect one side of the head at a time. The bouts of this illness usually begin with changes in one's field of vision, with sparkling lights and often with dimming of vision for a short period.

Sometimes changes in what one hears occur, or one may hear unusual sounds, sounds which really have not occurred, but because of a temporary disturbance in the blood supply of the brain, false impressions occur. It is generally thought today that the blood vessel changes are triggered by some unusual strain, some foreign protein eaten, or excessive effort. The blood vessels first clamp down, producing the unusual sensations of lights and sounds, sometimes even numbness of part of the body for some minutes.

Thereafter, it would seem that the vessels open widely and the headache begins. One eye may become red and full, and the same side of the face flushed, and the throbbing headache unbearable, all limited to one side of the

head. Occasionally some of these unfortunate people have nausea and vomiting in addition to all the other discomforts. Doctors who suffer from migraine have given a great deal of thought to attempted explanations of its cause. They all know how utterly impossible it is to drive their cars while in its grip. One half of the visual field may be so obscured by a dark cloud that they cannot see.

Treatments have been devised in the form of medicines to be taken, as soon as the first symptoms appear. Fortunately, the disease is rarely a life-long one. It occurs in young people and decreases in intensity as they grow to middle age. It is, fortunately, not sent to plague people in later years. An optimistic outlook is possible today in this field, where a generation ago things seemed hopeless.

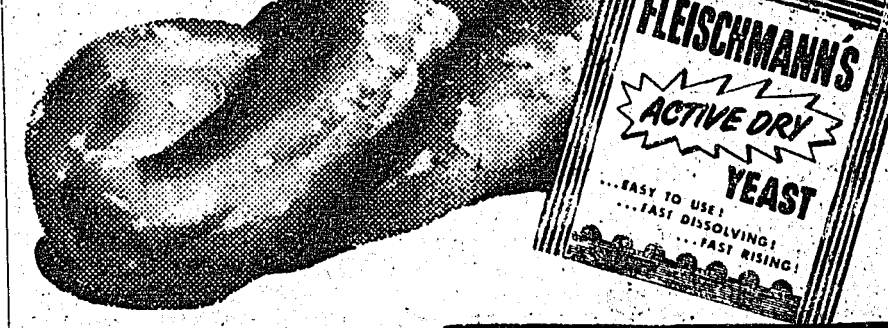
Headaches resulting from great emotional tension are being recognized for what they are, and the underlying causes dealt with. People are accepting the fact

Continued on Page 4

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Scald $\frac{1}{2}$ c. milk, $\frac{1}{2}$ c. granulated sugar, $\frac{1}{2}$ tsp. salt, and $\frac{1}{2}$ c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl $\frac{1}{2}$ c. lukewarm water, 1 tsp. granulated sugar, stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast; let stand 10 minutes. THEN:

well apart, on lightly-floured cookie sheets; grease tops. Cover and let rise until doubled in bulk. Carefully lift, a few at a time, into shortening that has been heated to 365° — hot enough to brown a cube of day-old bread in 60 seconds. When undersides are browned, turn and cook second sides. Carefully lift from fat and drain on absorbent paper. Coat with a mixture of fruit sugar and cinnamon or brush hot doughnuts with the following syrups: Heat, stirring until the sugar dissolves, 1 c. granulated sugar, $\frac{1}{4}$ c. butter or margarine and $\frac{1}{4}$ c. water; simmer 5 mins., then stir in 1 tsp. vanilla; keep hot over boiling water — if syrup becomes too sugary, stir in a little boiling water and heat to boiling point. Yield — 3 dozen doughnuts.

Note: Dough may be cut with an orthodox doughnut cutter; fry the doughnuts and the "holes".

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City Doctors Hold Medical Panel (Continued)

Continued from Page 3

that the wisdom of the body is something very real, and that the body will not continue to take punishment quietly. Headaches may only be the body's signal to the uncomprehending "person" within it, to return to slightly more normal ways of living, and to stay within moderate limits.

DR. WHITE:

I agree with you that people are, by and large, developing a greater insight into what you call the wisdom of the body. When they do, then they realize that their bodily symptoms, severe as they may be, are no more than a protest against stress. By the time people are able to recognize this, often with the help of their family doctor, or from a psychiatrist, should their family doctor refer them. Treatment is all-important as far as the patient is concerned. I am going to ask Dr. Wickett to tell us briefly of some of the main channels along which treatment of the patient with nervous symptoms proceeds.

DR. WICKETT:

The treatment of the patient who has these nervous symptoms varies among physicians. There are some who spend a lot of time in attempting to uncover the things that have influenced the individual as he has grown and the things that have frightened him by showing him the kind of response that he has followed throughout the years; and showing him the relationship of his symptoms to his fears. It is felt by these people that he will then be able to handle his problems in a more satisfactory manner. Others think of the response of the individual as a sort of habit so that the individual uses the method of tensing up when he has to deal with uncertainties.

We all do this to some extent but most of us recognize the thing that is disturbing us and realize that because we are disturbed we are uncomfortable. It is felt that the person with symptoms should have some understanding of what is happening throughout his automatic nervous system and thereby disrupting and disturbing his body. As the body is ready for action or run . . . it is a fairly sound principle to urge the patient to get into some muscular activity. Actually, there is nothing better for relief of tension than simple walking. The walking, however,

should be done in an effort to restrain the individual from his habit of rushing so that he is not only using up his bodily tension, but is, at the same time, training himself in different habits as he moves through the streets.

In addition to this he should be taught to refrain from his tensing up habits. He should become aware of these and gradually retrain himself to deal with these habits and change them. This, of course, cannot be done quickly. As Mark Twain remarked, "A bad habit is not something that one can toss out the window . . . it must be coaxed down the stairs a step at a time."

In summing up then it might be said that treatment should be directed at giving the individual some understanding of the things that have been at work in shaping his habits of behavior, or the strains that have disturbed him and that because of these strains he has developed a "fight or flight" response, and that this can be handled best by going into action or using the muscles . . . secondly, by retraining to a method of reaction that is less tense. Again, it should be emphasized that this takes time.

DR. WHITE:

People are often ashamed of being "nervous," and having nervous ailments and they try as they say to "fight it out" by themselves. This is generally a mistake. It is like going into battle unarmed and untrained. Such persons need help and education. They need first to be shown what is really the matter, secondly what is not the matter, and lastly how to deal with it. This is where the psychiatrists come in, and they are one of the great advances of modern medicine.

I feel like enlarging for a bit on this matter of the psychiatrist, the man who has made a special study of the functions and disfunctions of the nervous system, and of personality in human beings. A great many people are very much alarmed, often seriously insulted, when their doctor suggests that they see a psychiatrist. They are insulted, because they think the doctor is regarding them as neurotics, imagining that they are sick, and that he is just trying to brush them off. They are alarmed because they think that the doctor is regarding them as "mental" cases, and is sending them to a psychiatrist, whose first act will be to put them in Essondale. These are both utterly wrong conceptions of the work of the psychiatrist. Your doctor has re-

cognized that there is something affecting your nervous system and its working, and it is something outside his province, something requiring special skill and training, to diagnose and treat. So he wants you to consult a man who has this special skill and training.

It is true that psychiatrists do get mixed with mental patients, but it is only part, and the least part, of their work. By far the greater part of their work lies with patients who are quite normal mentally, but whose nervous system is not functioning normally very often because of factors which they themselves do not recognize, but which are undermining their health and happiness. And the psychiatrist can unravel their problem as no other medical man can. He can help them to see the real trouble, to relax, to deal with their problems sanely and intelligently. The psychiatrist can be, and very often is, the best friend the patient with problems of living can have.

It is only with comparatively recent years that medicine has really made real headway in the understanding and treatment of these problems which have made for so much frustration and unhappiness in human life. The work of the great pioneers, Freud and Adler and Jung, and others, is bearing fruit. The integration of structure and function by the great neurologists and the study of personality by psychologists, have paved the way for a rational system of treatment, which we doctors like to call by the Greek title of therapy. Possibly we are only on the threshold of a great structure of healing of physical and nervous disorders, which will greatly mitigate the sorrows and woes of humanity, by showing men and women how to meet the daily strains of life, bravely and with understanding, and a knowledge of the truth, which we are told will make us free.

That completes the panel part of "Mind and the Body." I wish we had been able to give you some actual cases, it makes a panel like this more interesting. As I said before, your panel tonight was taking the part of specialists, when in reality we are all practising general practitioners. I think think that if you would like to ask questions, just pass them up and we will attempt to answer them.

DR. WICKETT:

My first question is "Do maga-

zine articles on psychology do the average reader more harm than good?" I feel that a lot of articles do a person good. I feel that the more a person understands about these things the better they are. We all tend to be afraid of what we don't know. However, it is as well to remember that these magazine articles have to be sensational. So you should just take it with a grain of salt, so to speak. For instance, there's been so much on cancer, that everyone seems to think that everybody dies of cancer, but remember, only one in eight dies of cancer.

DR. WHITE:

Would you agree that many of these articles that appear jump the gun? I mean by that, that a new cure, perhaps, is brought to the attention of the public before it is truly tried?

DR. WICKETT:

Yes, I do agree. Now, the second question is — "My husband has had much stress in the past and he suffers from 'wandering itch,' and the doctors say he must stop scratching, but he can't. Should he consult a psychiatrist?"

Prolonged tension is definitely one thing that would cause a dermatitis, but it has to be prolonged tension. Because of that, it takes a long time to get over it. Some have to go to bed and have mild sedation, and get away from the tension of ordinary living before such a rash will disappear.

Another question, "Could an upset home be the cause of a healthy child of ten not going to sleep until after ten p.m.?" I feel, of course, that young children should have a good ten hours sleep a night, and we do find that children who don't get enough sleep, over months and years of not getting sufficient rest may break down with dermatitis. Sometimes they could be given a little sedation for a few weeks just to get them in the habit of getting to sleep in plenty of time. But of course an upset home could be the cause of them not getting to sleep.

DR. WHITE:

If any members of the panel disagree with these answers, you are at liberty to speak.

DR. WICKETT:

"Because you are high strung and nervous in the home, does that mean your children will be too?"

I think so, because the children will realize the parents are high strung it will upset their sense of security. Anything that

upsets that sense of security will upset the child.

DR. EMANUEL:

The question is, "Many persons have an uncontrolled nervousness when called upon in public. Is there any simple method to control this?" If there were any simple method to control this, I am sure your panel would have employed it tonight. Buckets of perspiration, cold hands and dry throats! I think it is a matter of training, and even nervous people can be taught to get up in public. One of the main things is to know the subject; you are less likely to be nervous in handling it. An interesting side-light comes to mind, if you have read the story of Darwin. You all know his work in his "Origin of the Species." He was a man who, after any public appearance, had to spend at least a week in bed to get over it. He had all the disturbances brought up in this panel tonight, but despite this shortcoming he contributed considerably to the wealth of knowledge we possess, and despite being ill for seventy-five percent of his life he lived to eighty some years. In other words, he had functional illness, most of his life and lived to a ripe old age.

The next question: "Do chiropractors treat your nervous system or your brain?" Perhaps you would question my competence to deal with that matter at all, but I suppose from my point of view, I could say something about it. I think what the questioner has in mind perhaps is that they have heard of chronic headaches being relieved by chiropractic treatment, or some cases of tingling in the arms or high back pain. I do believe that chiropractors do relieve these cases considerably and sometimes permanently. Nervous tension, for example, could bring on pains. The worse these symptoms become the more tense and nervous the patient becomes. A treatment by a chiropractor could actually relieve the tension that he is having. So he is relieved of the pains and by reason of that he is relieved of the tensions and fears that he had on account of the pain. So something can be said for manipulative therapy. Chiropractors have their greatest success in the type of case I have mentioned.

DR. STAPLETON:

This question is addressed to Dr. Sloan, but I see I must answer it. "In your reference to sinus trouble, do you mean to say that sinusitis is connected with 'stress' and 'strain'?" The answer to that is "No." The sinus is an air space, these openings become blocked off or become full of infection. But stress or strain will not give you sinusitis. Another question in the same field: "Can chronic sinus be treated and later cured?" The nose men say "yes." It is a matter of drainage and elimination of infection.

"What causes a constant ringing in the ears, mostly in the evenings?" One of my fellow members just said "telephones." I imagine this question is serious. There are a thousand and one causes for that. By the end of the day, to a person who is high strung and tense, perhaps this tension is manifest in a ringing in the ears. It could be caused by wax in the ears. Chronic catarrh that blocks off the middle ear to the throat. However, as I say, it could be caused by a thousand and one things.

DR. SLOAN:

"Can you outgrow epilepsy, and is it hereditary?" Epilepsy is not hereditary, in other words if one or both parents are epileptics it doesn't follow that the child would be epileptic.

The second question "Can you outgrow epilepsy?" No, but it can be controlled, as I mentioned in the panel earlier. There are certain drugs that can be used to control the number of attacks, but the patient must continue to take that medicine, otherwise it would return. You don't just outgrow it.

"What chance has a person with epilepsy for developing normally?" Well, he is essentially a normal person and there is no reason why he should not develop normally, apart from the embarrassment of knowing that he may at some time take an epileptic seizure.

DR. WHITE:

I think that we should draw to the audience's attention that there are two forms of epilepsy, one form that we call idiopathic, and don't know much about. The other form may come as a direct result of an injury to the brain. At some later date epileptic seizures may occur, so that any person who has epilepsy should have an examination, first of all to establish whether it is idiopathic epilepsy or an injury to the brain. Sometimes surgery can remove the scarred area from the brain. But most cases are idiopathic.

DR. MCGREGOR:

The question is "Are headaches associated with high blood pressure?"

Not necessarily. It is quite common I think to have high blood pressure with no headache

whatsoever. However, the very fact that a person has high blood pressure as caused by nervous tension and strain; and any strain is very frequently the cause of headache. However, it is possible in some types of high blood pressure to cause headache, but it does not necessarily go with it.

"Can an expectant mother under a great nervous strain have any effect upon the child?" I think there can be no hesitation in answering that. The unborn child is a complete parasite insofar as to its exposure to nervous strain, and until it is born it won't be subjected to it or affected by it.

DR. WHITE:

I recall that when I was a student at McGill a boy had come from Scotland to attend the United Theological College. On the way over on the boat this boy developed a very severe case of laryngitis and lost his voice. Throughout his course his voice just remained above a whisper. He was seen by many of the doctors and other men in Montreal and when he finally reached graduation it was felt that he wouldn't be a very good minister if he couldn't give a sermon. His family was contacted and investigation showed that the boy himself didn't wish to be a minister but wished to be a merchant like his father, but his mother wished it. He had come against his will. Not consciously, but subconsciously his mind had made a loop-hole for him to escape through. When this was found out and explained to his mother, he regained his voice and went back into business in Scotland. So you can see the power of the mind over the body.

I would like to thank the audience for being so attentive and thank the members of the panel who have appeared. We appreciate the opportunity of appearing before such a group.

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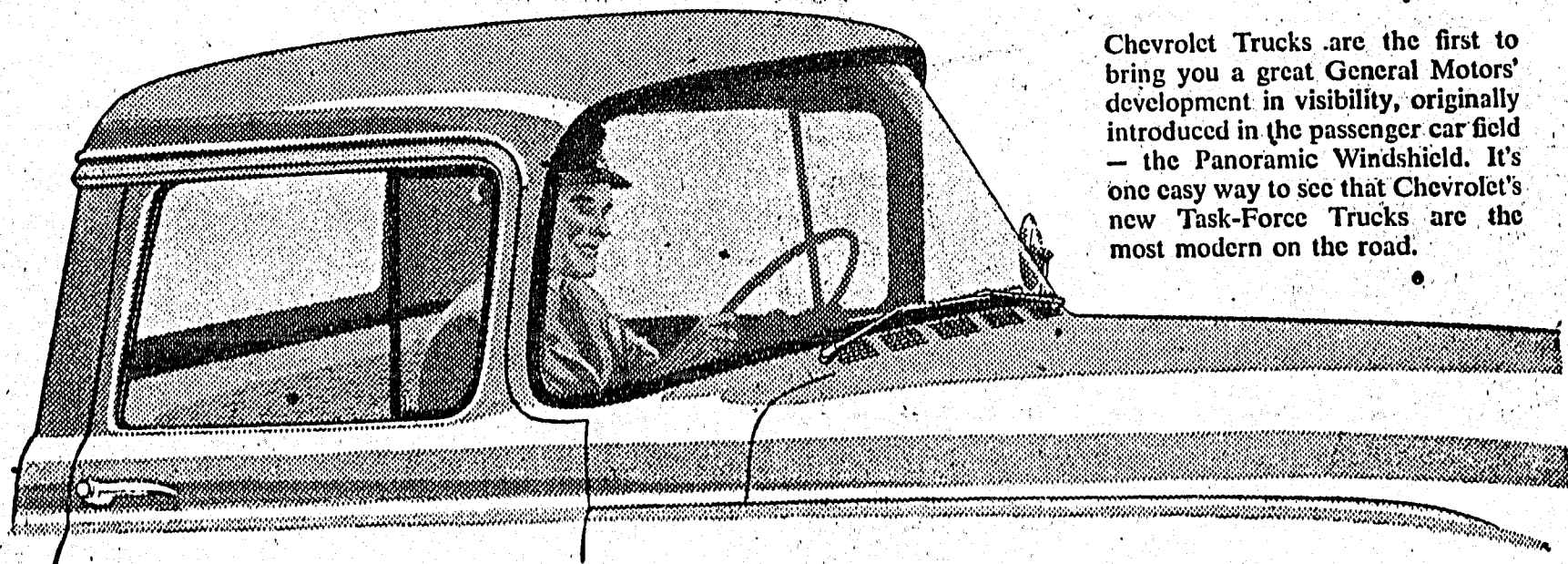
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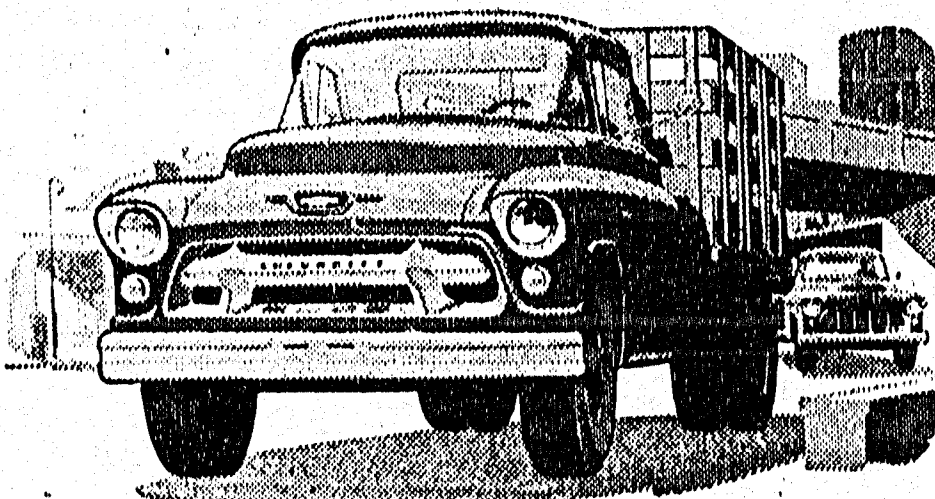
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Over 30,000 music students across Canada will be taking Royal Conservatory of Music examinations this summer. Holding current examinations in Penticton on June 8 will be John J. Weatherseed.

Mr. Weatherseed is organist and choirmaster of Deer Park United Church, Toronto, and is known across Canada as an adjudicator, lecturer, teacher and examiner. He was organist and choirmaster of a large church in the south of England at the age



J. J. WEATHERSEED

of fifteen. Following positions in Manitoba and Ontario, Mr. Weatherseed settled in Montreal, where for twenty years he was organist and choirmaster of St. George's Anglican Church. He was instructor in piano and organ at McGill Conservatorium and lecturer in music appreciation, history, and form in music in McGill University. He also conducted the Mendelssohn Choir in Montreal for some years.

In 1944, Mr. Weatherseed moved to Toronto, joining the faculty of the Royal Conservatory of Music as teacher of piano, organ, and theory.

A past president of the Ontario Registered Music Teachers' Association and the Canadian College of Organists, he is a member of the executive of the Canadian Federation of Music Teachers' Association.

NARAMATA

Mrs. A. L. Day is chairman of the United Welfare Appeal for the Naramata district. Among the seventeen volunteers canvassing the community are Miss Helen McDougall, Sid Read, W. C. Kines, Mrs. Kay Couston, Rev. G. G. Harris, Morgan Wray, Mrs. Frank Luxton, Mrs. J. D. Bely, Mrs. George Raitt, Mrs. Ian Wiseman, Mrs. Janet Stiffe, Mrs. Alex Sinclair, Mrs. Cliff Nettleton, Mrs. Cliff Littlejohn, Mrs. Paul Wiseman, J. A. Noyes and A. L. Day.

Mr. and Mrs. Pevril Partridge arrived home on Monday after spending sometime at Saltcoats, Saskatchewan.

Currently visiting at the home of Mr. and Mrs. Grant Willan are the latter's parents, Mr. and Mrs. H. C. St. Marie, of Golden. Mr. Willan's parents, Dr. and Mrs. W. B. Willan, of Ocean Park, are expected to arrive in Naramata later this week. Dr. Willan will occupy the pulpit at the Naramata United Church on Sunday morning in the absence of Rev. Don K. Paris and will also officiate at the christening of his small granddaughter, Barbara Jean Willan.

Mrs. Thomas Dickout returned to Naramata on Thursday after visiting at Victoria and Vancouver.

Tentative arrangements are being made by the Naramata Brownies to sponsor a rummage sale, afternoon tea and sale of homemade candy on June 9 in

Penticton Sixth In Order Of B.C. Cities In 1954

Penticton, with a 1954 population officially estimated at 11,400, is the sixth largest city in British Columbia. In all, there are seven cities in the province with over 10,000 inhabitants and twenty urban centres with over 5,000.

Of the five which are larger than Penticton, Vancouver is the largest with a population last year of 390,000 — and a metropolitan population of about 600,000. Victoria is second with 52,000 — and 113,000 in the Greater Victoria area.

Third largest city is New Westminster with 31,000, while Trail and North Vancouver are roughly tied for fourth place with 16,700 each, followed by Penticton.

After the Okanagan city comes Nanaimo with 11,000. While they are under the 10,000 mark, Prince Rupert and fast-expanding Prince George are close behind with about 9,500 each.

After the two northern B.C. cities come the following, in order of population: Kelowna, Kamloops, Port Alberni, Vernon, Nelson, Kimberley, Chilliwack and Dawson Creek, all with over 5,000 inhabitants.

Three non-cities had large populations in last year's estimate. The sprawling municipality and Vancouver suburb of Burnaby was B.C.'s second greatest urban area with 66,000; the municipality of West Vancouver had 14,800, and Saanich municipality in Greater Victoria had 32,000.

Another thickly populated urban region in B.C. is the Powell River-Westview area with approximately 7,300 inhabitants.

Private contractors capture elephants in southeastern East Pakistan by means of a keddah, a circular stockade 20 yards in diameter, with reinforced walls of heavy logs 12 to 15 feet high. Beaters drive the wild elephants into the corral.

Other current plans include arrangements for six of the girls to travel to Summerland on Saturday to be tested for their golden hand awards. Sixteen members participated in the clean-up at the Naramata cemetery on Saturday. The girls placed flowers on graves and generally raked and cleaned the whole area.

The next meeting of the local association of Girl Guides and Brownies will be held on May 30 at the home of Mrs. Arza Grant.

Mrs. Edith Languedoc is currently visiting at Langley Prairie with her nephew and niece, Mr. and Mrs. Keith Colquhoun, and family.

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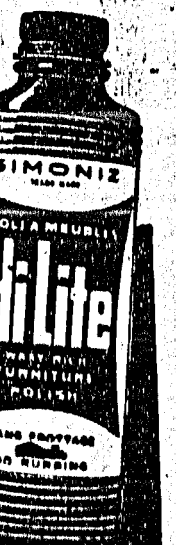
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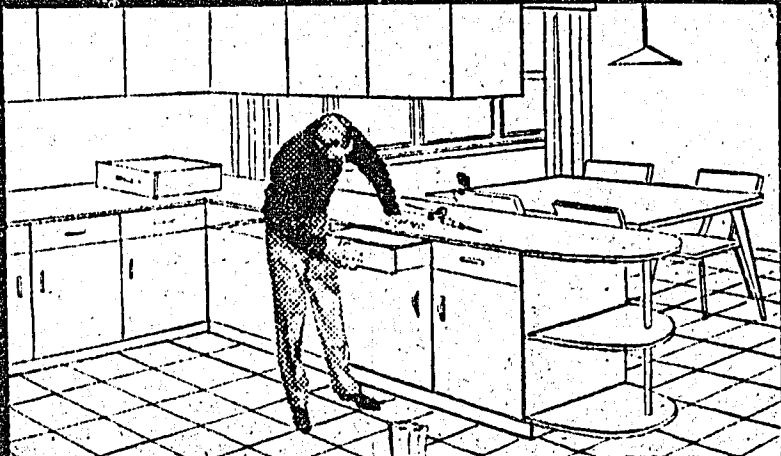
Oh, so Good!

At certain times of the season, parasites are quite common in fish.

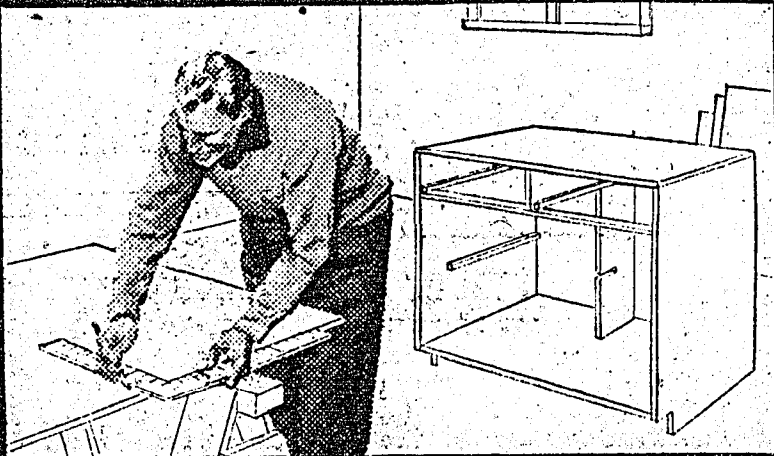
Adult beaver can swim for one-quarter to one full mile under water, staying beneath the surface as long as 15 minutes.

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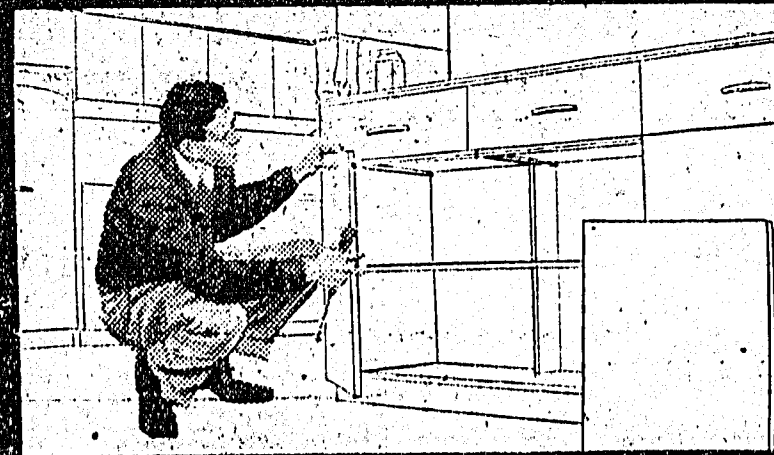
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SPENCE AND ALAN GILMORE, of the famous Gilmore Puppet Show which plays here tomorrow and Friday, look over some of the puppets they will bring to "life" in their shows in the High School Cafeteria here. Headed by Koko the Koala bear, Master of Ceremonies, these puppets and their act are designed purely to please folk of all ages — with particular emphasis on the very young — a function they are guaranteed to fulfil. Shows are 1:30 and 7:30 p.m. next Friday and 9:45 a.m. tomorrow. Tickets are 25 cents for children, and will be handled through the elementary school. A few adult admissions at 50 cents will be sold at the door, and if space permits children will also be admitted at the door. The show is sponsored by the local UBC Alumni Association.

Kamloops Trout Show Temperament, But Fishing Generally Good In B.C.

By GRACE M. SIMPSON, Boundary Rendezvous, Osoyoos

There is plenty of good fishing for those that are satisfied with the ordinary or common species of fish, but British Columbia is noted for the famous fighting Kamloops Trout, and, like famous humans, these fish are rather temperamental. Most lakes are open and report good catches, but none of them report limit catches; i.e. 12 fish or 25 pounds and one fish daily limit; possession limit in districts 3 and 4, two days, while in districts 1, 2 and 5 a three day limit is allowed.

Under the new regulations, it is now permissible, with minor exceptions, to fish 12 months of the year, and fishing through the ice is now legal.

There is no increase in licence fees. They are still \$7 for a non-resident and \$1 for a non-resident minor (under 16 years).

Under the law it is necessary to purchase a fishing licence at the first issuing office if one is carrying fishing tackle, but if one is merely in transit, and not intending to fish, the tackle must be sealed, and there is no charge for this service. Many have learned the hard way that this regulation is rigidly enforced, and have paid fines.

The tackle is subject to seizure. The simplest way is to purchase a licence upon entering Canada, and this can often be done at the Canadian Customs or a Game Commission office right next to the customs.

PILLAR AT ITS BEST
The ice is out at Pillar lake, and fly fishing is now at its best for this water.

Shuswap lake area is enjoying its best fishing now. A little later the water will be too high but if it warms up just a little fishing will be superb.

From Silvery Beach at Chase comes a very good report, considering the weather was just about as bad as it could be. Jim Marlon, Spokane, one of a party of four, landed a five pounder on an orange flatfish. Four of them caught eighteen fish in one day, the smallest weighing two pounds. They also got one on a wet fly, a Gray, but found the flatfish much better. With him were Vernon Gurnus, Fairchild; Don Hillman, Spokane, and Harold Guthrie, Fairchild Air Force Base.

Fishing at Little River fishing camp, Travis G. Lyle, Leonard Nelson, and Arthur Solomon, all of Spokane, reported good fishing, with Lyle establishing a record.

Using a new fly, called the "You and I", he landed a sixteen pound trout, the largest fish caught with a fly in eight years.

OSOYOOS GOOD

Close to the border, in Lake Osoyoos, fishing has been good, with C. H. Cope, Osoyoos, leading in the Trout Derby with a five pound 15 ounce beauty. Dr. Granger, also of Osoyoos, is in second place with one five pound six ounce trout, and Joe Keller, Osoyoos, five pounds two ounces. A six pound 12 ounce trout caught by Paul Webber, Camp McKinney, failed to qualify as Webber had not entered the Trout Derby.

The same condition existed last year. According to the local fishing calendar for Osoyoos, a lull in fishing may be expected for the next four or five days, then conditions for landing some big fellows should be good.

Salmon River at North Bend is full of fish in good condition, but steelhead fishing may not last very long once the Thompson rises to any great extent. Steelhead fishing is also good at the mouth of the Nicola, near Merritt, with fish up to 20 pounds being taken, using fresh prawns.

Monte Lake fair, with the Willow Leaf or Orange Flatfish the best lure.

Paul Lake has been slow but a good stiff breeze was needed to stir the water surface, so after two really windy days, it should now be A-1.

Kamloops lake, slow, but improving. Best lures are the Canadian Wiggler and the X5 or U20 Orange Flatfish.

Jacko lake: ice is out and should prove good for a heavy troll.

Funeral Thursday At Kelowna For William Sloan

KELOWNA — William Sloan, 427 Rose avenue, passed away Sunday in the Resthaven Home at the age of 83 years.

Mr. Sloan was born in Chestly, Ontario, and took up farming at Oak Lake, Manitoba, in 1904. He farmed there until 1920 when he came to Kelowna with his children, carpentering for several years until he took over the South Kelowna mail route which he continued on until his retirement in 1945.

Mr. Sloan was predeceased by his first wife and his only son, William, a flying officer with the RCAF who was killed in action in 1941. He is survived by his wife, Mrs. William (Sarah) Sloan, at Penticton; three daughters, Mrs. W. E. (Millie) Hart, Vauxhall, Alberta, Mrs. E. (Eunice) Lundin, Westbridge, B.C., and Mrs. H. C. (Edith) Hewlett of Kelowna; 14 grandchildren; two great-grandchildren; one sister, Mrs. Mary Hetherington, and a brother, Robert, both in Ontario.

Funeral services will be conducted from the Peoples Mission, on Thursday, at 2:30 p.m., the Rev. R. M. Bourke, assisted by Mr. E. B. Godfrey, officiating. Burial will follow in Kelowna Cemetery.

1954 Apple Crop To Be Cleaned Up By End Of Month

The 1954 apple crop will probably be cleaned up by the end of the month, according to B.C. Tree Fruits. Last year's crop was around 5,700,000 boxes.

Apple pool is expected to close in about a week's time, following which final payment will be made to packinghouses for the 1954 crop. After deducting packing and storage charges, the balance is passed along to growers. Bulk of the apple crop is grown in the Central Okanagan.

There are approximately 280,000 boxes still in cold storage. Of this figure, the bulk is in the Oliver-Osoyoos district. Only other commodity on hand, is potatoes. There are 8,524 bushels in storage in local plants.

Tree Fruits reported arrival of New Zealand apples at the Atlantic seaboard will have little or no effect on selling the balance of the crop.

Those packinghouses that still have apples on hand will no longer have them cleared out when they will start preparing for the 1955 crop. Cots, peaches and cherries will be the first to be harvested.

Curry powder is a blend of 16 different spices. They include turmeric, ginger, black pepper, cayenne pepper, powdered cloves, powdered caraway seeds, powdered cardamom seeds and powdered coriander seeds.

For That **ELECTRICAL CONTRACTING** well done, call

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REFRIGERATION & ELECTRIC LTD.
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Marshall H. MURRAY

R. W. KIRKPATRICK

S. W. MADDISON

Nalley's Limited announce the appointment of Marshall H. Murray to Vice President and Member of the Board of Directors. Mr. Murray was recently appointed General Manager of Nalley's Limited. Mr. Robert W. Kirkpatrick, Production Manager, has been appointed Treasurer and Member of the Board of Directors. Mr. Stanley W. Maddison has been appointed Sales Manager.

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See it here — NOW!

NEW KIND OF POWER MOWER
"VACUUM CLEANS" LAWNS



NEW **Duo-Trim** ROTARY

chops up grass clippings and leaves — makes them vanish into lawn as if swept away!

Exclusive "Wind-Tunnel Vacuum Action" Does It!

18" ROTARY MOWER ONLY

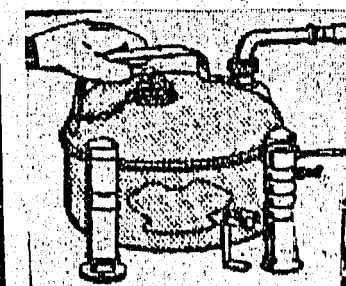
FREE SERVICE KIT IF YOU ACT NOW!

SAVE 14.50 NOW!

New Duo-Trim Power Mower 109.95
Duo-Trim Service Kit—Gas Can, Oil Measure, Oiler, Work Gloves 14.50
Combined Value 124.45

SERVICE KIT CONTAINS...

Eagle "Flat-Jak" gas tank, 2 1/2 gals., pressure flow, slow-away type with 1/2 pt. oil measuring cap. Oiler, squirt-type. Work gloves.



ONLY **109.95**

BUY A DUO-TRIM TODAY AND SAVE **14.50**

ME and ME

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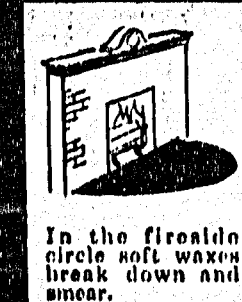
PENTICTON BRANCH

Phone 3036

Check your home for "WARM SPOT SMEARS"



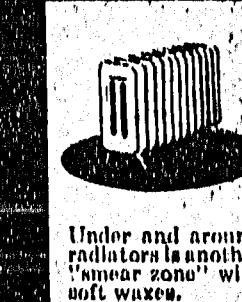
Where sunlight comes soft wax breaks down and smears.



In the fireplace circle soft wax breaks down and smears.



Hot air registers create a "smear circle" when you use soft wax.



Under and around radiators is another "smear zone" with soft wax.

That's why you need the gleaming, extra hard shine of Simoniz Paste Floor Wax—it's "temp-proof" to stay hard and shiny, yet is just as easy to apply as soft wax. Get the can with the "S" on top!

SIMONIZ Paste Floor Wax

It's "temp-proof" for a gleaming, extra hard shine all over your floors!

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WEST SUMMERLAND: Rumble's Super-Valu -- Overvalley Ltd.

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So easy to starch!

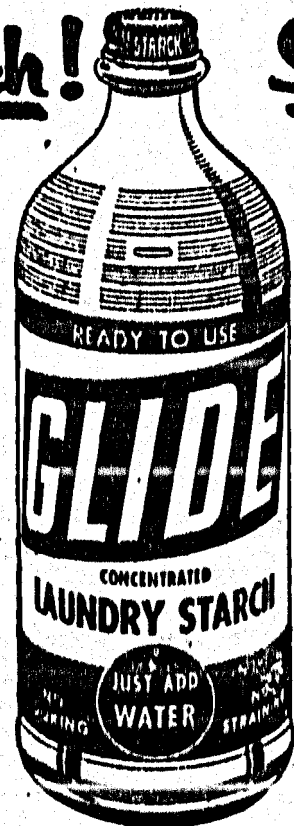
So easy to iron!

NO BLUEING NEEDED!

NO WAX NEEDED!

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SAVES MIXING!

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CANADA'S FINEST
CIGARETTE



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Have fun shopping! Have fun picnicking!

For the finest outing you ever had...

PICNIC BASKET VALUES at SAFEWAY



Holiday ahead
SAFEWAY STORES
will be closed

Victoria Day, May 23rd
Shop early...and save!

Celebrating National Pickle Week



★ **TUNA FISH**

Geisha, Solid Light Meat. For Salads and Sandwiches - 7 oz. Tin

2 for 39¢

★ **SALAD DRESSING**

Cascade. Blends well in any salad or sandwich

32 oz. Jar 69¢

★ **GRAPEFRUIT JUICE**

Town House - Sweet or Natural. Cool and Refreshing

48 oz. Tin 29¢

★ **SWIFT'S PREM**

Luncheon Meat for sandwiches and cold plates. 24 oz. oblong tin

2 for 79¢

Ripe Olives	Ebony, Large	16 oz. Tin	29c
Stuffed Olives	McLaren's Manzanilla	8 oz. Jar	46c
Sweet Gherkins	Libby's	9 oz. Jar	34c
Dill Pickles	Rose, Plain or Kosher	24 oz. Jar	44c
Sweet Relish	Rose Brand	16 oz. Jar	41c
Wafer Pickles	Rose Brand	16 oz. Jar	41c
Fresh Cucumber Pickles	Heinz	16 oz. Jar	42c
Sweet Pickles	Rose, Mixed	16 oz. Jar	41c
Sweet Pickettes	Rose, Gherkin Spears	16 oz. Jar	46c
Mustard Pickles	Rose, Sweet	16 oz. Jar	41c

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100% PURE COFFEE

Easy to use on Picnics. Coffee in an instant. 4 oz. jar reg. 1.33. Less 20¢

1.13

CANTERBURY

ORANGE PEKOE

TEA BAGS

Pkg. of 60

79¢

Pkg. of 120

1.39

PICNIC NEEDS

Hot Dog Relish	Heinz	12 oz. Jar	39¢
Mustard	French's, For Hot Dogs	16 oz. Jar	25¢
Ritz Biscuits	Christies	8 oz. pkg	19¢
Potato Chips	Nalleys	7 oz. pkg	35¢
Picnic Plates	Assorted Sizes - Pkg	2 for	29¢
Wax Paper	Attitude, Berit	100 ft. Roll	25¢
Serviettes	Nook Naps - Pkg of 70	2 for	35¢

JUICES AND SOFT DRINKS

Apple Juice	Westfair, Clear, 48 oz. Tin...	2 for	55c
Lemonade	Sunkist, Concentrated	6 oz. Tin	25c
Nutty Club Cordials	Orange, Lemon, Lime, 12 oz		26c
Soft Drinks	In Cartons (plus bottle deposit)	6 for	42c
Orange Base	Real Gold	6 oz. Tin	21c

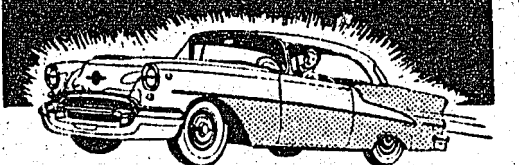
MISCELLANEOUS VALUES

Margarine	Quartet - 16"oz. pkg	2 for	55c
Cheese	Berkshire, Canadian Medium	Lb.	53c
Salmon	Court, Fcy Red Sockeye, 7½ oz. Tin	2 for	77c
Barbecue Sauce	French's, for Spare Ribs, 5 oz. Btl		30c
Cheezies	A Picnic Snack Item	4 oz. Pkg	25c
Oatmeal Cookies	Dad's	11 oz. pkg	31c
Frostie Mix	Liptons, assorted flavors, 4 oz.	2 for	29c
Sauerkraut & Wieners	Aylmer	14 oz. Tin	25c
Tomato Juice	Sunny Dawn, Fcy, 48 oz. tin	2 for	69c
Meat Balls & Spaghetti	Burns	15 oz. Tin	29c
Campbells Soups	Chicken varieties, 10 oz	2 for	37c

FRUITS AND VEGETABLES

Sugarbelle Peas	Pky Quality, 8 1/2, 15 oz	6 for	89¢
Fruit Cocktail	Libby's Fancy Quality	15 oz. Tin	26¢
Taste Tells Corn	Ch. Cream Style, 15 oz.	2 for	29¢
Pineapple Chunks	Laloni, Fancy, 20 oz.	2 for	63¢
Green Beans	Belmonte, Fancy, 15 oz. Tin	4 for	63¢

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\$75000 INTER-NATIONAL CONTEST
Get your entry blank at the Skylark Bread Section

Skylark BREAD

White Sandwich **2 for 31¢**
16 oz. sliced loaf

AIRWAY COFFEE

a Mild and Mellow Blend

1 Lb. Bag **97¢** 2 Lb. Bag **1.91**

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Rich hearty flavour

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EDWARDS COFFEE

No finer coffee packed. Always fresh. Drip or Regular grind.

16 oz. Vacuum Packed Tin **1.03**

PORK SPARE RIBS

Lean and Meaty

Lb. **39¢**

CROSS RIB ROAST

Grade "A" Red Beef

Lb. **43¢**

FRESH HALIBUT

Now in Season - In The Piece

Lb. **29¢**

★ **CHUCK ROAST**

Blade Bone Removed

Grade **A** Red Beef

Lb. **39¢**

★ **YEARLING TURKEYS**

Grade "A" - 15 lbs. average Plump Meaty Birds

47¢

WIENERS & BUNS

WIENERS, No. 1 Quality **2 lbs. 65¢**
WIENER BUNS, 4X **pkg of 12 29¢**

Tempting Cold Cuts

MOCK CHICKEN	Swift's Premium	8 oz. Pkg, Each	27¢
GARLIC RINGS	Nicely Seasoned	Lb.	35¢
BOLOGNA	Sliced or Piece	Lb.	29¢
HEAD CHEESE	Sliced, Ideal for Cold Plate	Lb.	45¢
POTATO SALAD	Fresh Daily	Lb.	29¢
COOKED HAM	Sliced, Nice for Lunches	1/2 Lb.	45¢

Side Bacon	In The Piece, Swift's Premium	Lb.	59¢
Smoked Fillets	Eastern, Jumbo	Lb.	43¢
Ground Beef	85 Percent Lean, Grade A Red	Lb.	39¢
Veal Roast	Roastable Shoulder	Lb.	49¢
Ready-To-Serve Ham	Swift's Premium Whole, Half or Quartered	Lb.	59¢
Veal Steaks	Cut From The Shoulder	Lb.	55¢
Pork Loin Roast	Lean End, 3 1/2 Lbs. and Down	Lb.	45¢

Meat Prices Effective May 19-20-21

SALAD VEGETABLES

Garden-Fresh at Safeway this Week-end. Staying Home or Packing a Picnic Lunch... You'll want a Crisp Cool Salad...

★ **HEAD LETTUCE** Hard, crisp, cello wrapped heads, Lb. **18¢**

RADISHES and GREEN ONIONS

A must for Any Salad **2 bunches 15¢**

FIELD TOMATOES

No. 1 Premium Pack **14 oz. Tube 25¢**

Green Cabbage New, Imported **Lb. 10¢**

Crisp Celery Long Green Stalks **Lb. 14¢**

Florida Grapefruit Indian River White or Ruby Red **2 lbs 23¢**

Local Asparagus Tender - No Waste **Lb. 34¢**

Valencia Oranges Full of Juice Thin Skinned **Lb. 11¢**

Local Spinach Clean and Crisp **10 oz. Cello Bag 22¢**



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Cooking Lesson

ACROSS

1 Peas in the
4 Spanish
8 Filet of
12 Grov older
13 Ledger entry
14 Individuals
15 Used to catch
16 Lays bare
18 Farm
19 machines
20 Eaten away
21 Correlative of
22 Possesses
23 Places
24 Discard
25 goddess
27 Posed
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35 Correct
36 Country hotel
37 Pot covers
39 Chess piece
40 Mirth
41 Pronoun
42 Musical drama
45 Holy war
49 Entertainment
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52 Toward the
53 Reverse
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55 Dispatched
56 French
57 Indian weight

DOWN

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18 Divides, as an
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21 Sea bird
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23 wine
24 Heavy cords
25 Determine
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27 Pursues game
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29 Heap
30 Leap
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32 and nut
33 pudding
34 Pitcher
35 Observe

SEE ANSWERS ELSEWHERE IN THIS ISSUE

VALLEY LABOR MEN CONFER WITH OTHER LABOR GROUPS

A conference was called by the Okanagan District Trades and Labor Council to which were invited representatives of AFL International and National Unions. Object of the conference was to discuss consolidation of the work of the Trades and Labor Congress and its affiliate AFL unions in regard to both organizing and servicing of their various groups.

The meeting was held at Labor Headquarters, May 10, chairman was W. H. Fleck, president of the council. Also in attendance representing the council were: W. H. Phelps, vice-president, Mrs. M. M. Atwood, secretary-treasurer. Representing the local unions were: Bryan Cooney, Federation of Fruit and Vegetable Workers' Union, E. Emberton, school employees. Representing the Congress were: R. K. Gerwin, B.C. vice-president, representing affiliate AFL unions, R. Norris, Brotherhood of Carpenters and Joiners, W. Masson, Barbers and Hairdressers, W. McDermott and Jack Thompson, Hotel and Restaurant and Bartenders' Union, Dave Wade, Retail Clerks, also acting on behalf of the Amalgamated Meat Cutters, H. Bonnel and J. Scott, representing Teamsters International.

In the valley at the moment, and intending to spend some weeks here, is Paul Graham of Winnipeg, representative of Industrial Relations Branch of the Federal Department of Labor. His purpose here is to set up Labor Management Production Committees in the various operations throughout the Okanagan. The first meeting was held in Oliver, May 12, managers of the plants and representatives of the workers in the plants were invited to attend. Attending from Kelowna with Mr. Graham were L. R. Stephens, secretary, Okanagan Federated Shippers and Bryan Cooney, Federation of Fruit and Vegetable Workers' Unions.

These committees are not being set up as either a bargaining unit or as a grievance committee, such matters being subjects for discussion by collective bargaining procedures. The main purpose is a channel for exchange of ideas on effective methods of production and other

problems with a view to the mutual improvement and betterment of all concerned. It would appear such committees are welcomed and are working very well in other parts of Canada and should receive co-operation of both labor and management in the interior of B.C.

On a recent test of speed on British railways, half a mile was covered in 16 seconds flat and several miles approaching London were covered at the rate of 114 miles an hour.

Former Penticton Engineers Form Coast Partnership

Current issue of Public Works in Canada carries a story regarding the partnership formed between Paul Walker, former Penticton city engineer, and E. D. Webber, who was his assistant here. Mr. Webber was recently deputy municipal engineer for the district of North Vancouver.

Mr. Walker opened his own consulting office in Vancouver last year following extensive public works engineering and townsite development experience in both eastern and western Canada.

Since that time he has been

responsible for designing several sub-divisions in the lower mainland area, and the large housing project providing all roads, utilities and public facilities for 550 homes in the Ranch Park development at Coquitlam. Expanding requirement of his practice have led to the new partnership with Mr. Webber.

Alexander Graham Bell, the inventor of the telephone, was active for 51 years as teacher, consultant, researcher and president of the board at Clarke School for the Deaf at Northampton, Massachusetts.

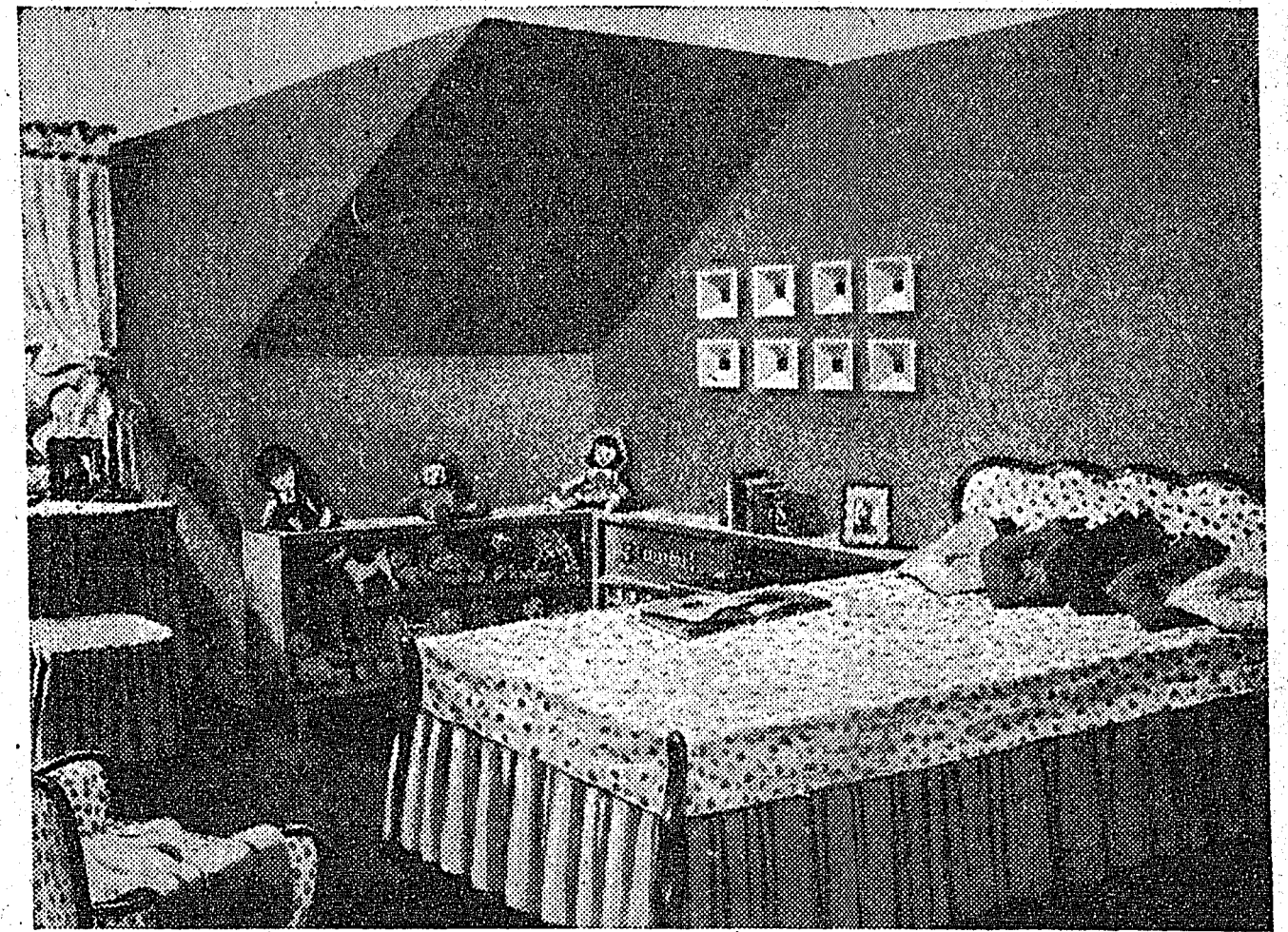
Going to Vancouver Island?

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TORONTO MONTREAL

Get the Genuine . . . insist on GYPROC

When Skin Itch Drives You MAD

Here is a clean, stainless penetrating antiseptic—known all over Canada as MOONE'S EMERALD OIL—that dries right in and brings swift sure relief from the almost unbearable itching and distress.

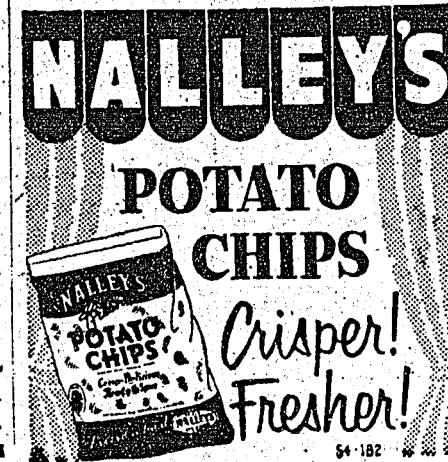
Its action is so powerfully penetrating that the itching is promptly eased, and with continued use your troubles may soon be over.

Use EMERALD OIL night and morning as directions advise for one full week. It is safe to use and failure is rare indeed.

MOONE'S EMERALD OIL can be obtained in the original bottle at any modern drug store.

The world bread grain production in 1954 was about 249,000,000 short tons, or about 11,000,000 tons less than in 1953.

United States soybean exports in 1954 reached an all-time high of 43,219,000 bushels.



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GYPROC Joint Filler is available through Builders' Supply and Lumber Dealers in 5 lb. pkg.—10 lb. and 25 lb. bags.

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Faded Denim Play Togs for Fun in the Sun

Sale Priced! "Holiday" Faded Denim Yard . . 69c

In a wide variety of patterns. A hard wearing fabric for children's togs. Sanforized. 36 inches wide.

Girls Faded Denim Play Wear

Jeans . . . 3.50

Cariboo Brand faded Blue Denim Jeans with zipper closing and pockets. For girls from 8 to 12.

Jackets

A popular little jacket in faded blue denim with contrasting trim in white or dark blue. Zipper closing.

Sizes 6 and 6X . . . 2.98 Sizes 8 to 14 . . . 3.98



Boys Faded Denim Wear

Jackets

Made from 8 oz. Sanforized Denim. Windbreaker style with knitted collar and cuffs. Two slash pockets and zipper front closure.

Boys Sizes 6 to 18 years . . . 3.95 Mens Sizes 36 to 42 . . . 5.50

Slacks

Hollywood style of 9 oz. Sanforized Denim. Featuring extended waistband, five pockets and drop belt loops.

Boys sizes 6 to 11 . . . 3.69 Youths sizes 12 to 18 . . . 3.98

Misses Denim Co-Ordinates

Shorts

Denim Shorts in the ever popular faded blue, in little boy style with cuff and zipper.

closing. Sizes 10 to 18 . . . 1.69

Blouses

Denim blouses with no sleeves. Tailored or Peterpan collars. Match them with shorts, pedal pushers or slacks.

Sizes 10 to 18 . . . 1.98

Pedal Pushers

Faded blue denim in a good quality. With pockets and button leg trim and zipper closing. Mix or match them.

Sizes 10 to 18 . . . 2.69



Boys and Girls Play Wear

Boys Jeans

Heavy quality faded blue denim jeans. Elastic waist with front belt, two pockets, zipper closing and finished cuffs. For small boys. Sizes 4 to 6X.

3.25

Pedal Pushers

Faded blue denim with gay plaid trim. A practical little garment for the little ones. Boxer waist style. Sizes 2-6.

1.98



Boys Denim Shirts

Sanforized shrunk short sleeve shirts with one pocket. Smart styling. Can be worn in or out for the hot summer days.

Sizes 6 to 18 years . . . 1.98

Boys Denim Swim Suits

Boys Boxer Style Swim Suits. Featuring elastic waist and tie string. Styled by Jantzen.

Sizes 6 to 16 years . . . 2.95

Boys Denim Shorts

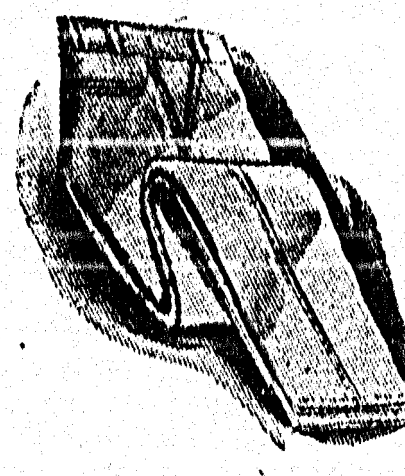
They feature all elastic waistband, three pockets and zipper front.

Sizes 6 to 10 years . . . 1.98

Faded Denim Caps

For the man or boy. Long or short peaks with eyelet vents.

Men's Sizes . . . 1.25 Boys Sizes . . . 1.00



Men's Faded Denim Slacks

4.95

Made of 9 oz. Sanforized Denim in the popular Hollywood style. Extended waistband, five pockets and drop belt loops.